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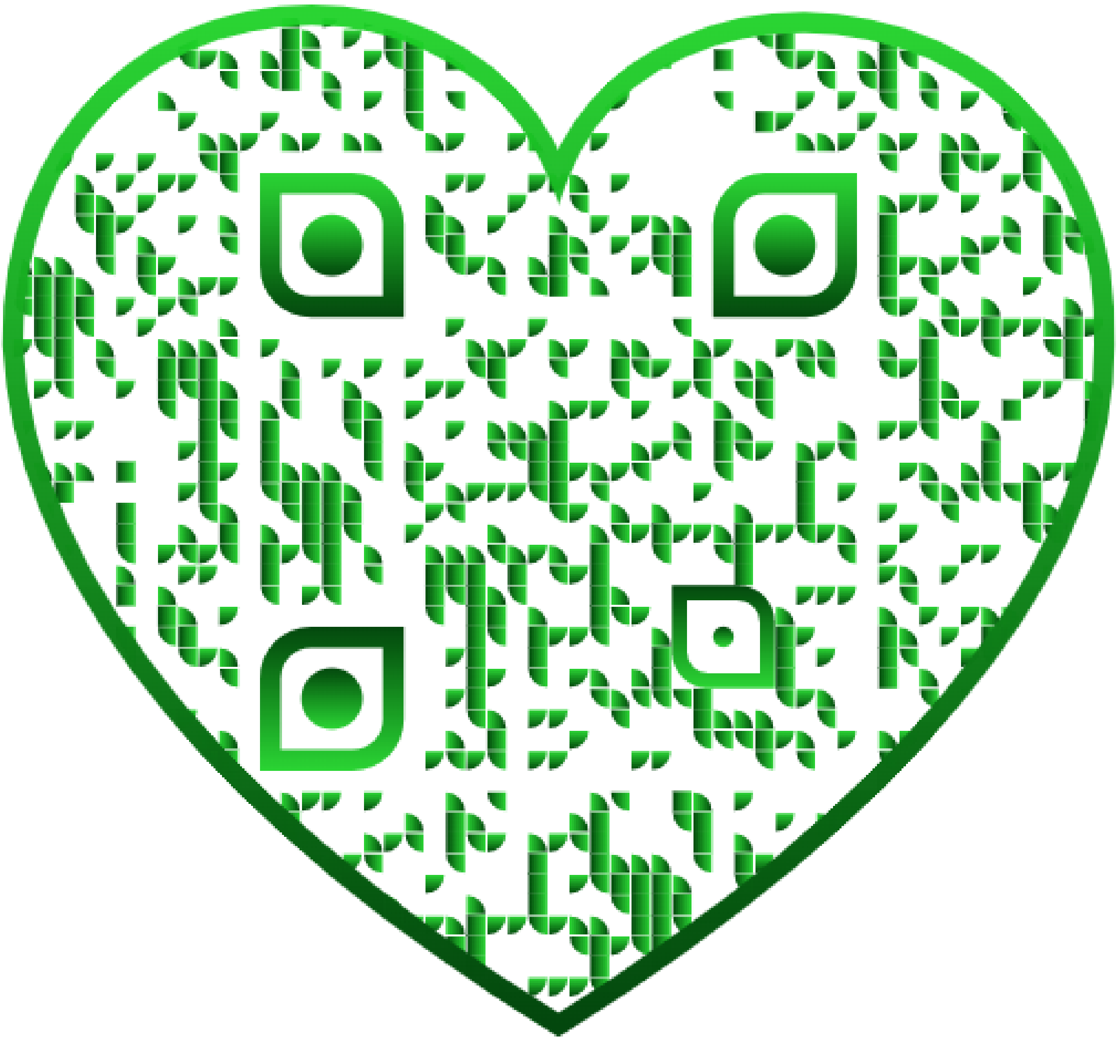

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this week in bella

ROVERS RETU
THE WOOLPACK
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The big soap CROSSOVER!

Coronation Street and Emmerdale are to merge for a special...

Two of the biggest soaps on our screens are joining forces! *Coronation Street* and *Emmerdale* have announced they'll be airing an hour-long, one-off crossover special.

ITV is launching a new power hour of soap, which will begin in January 2026, and the channel's two flagship soaps are coming together for a never-done-before crossover episode to launch it. Fans will even get a say in how the storyline unfolds. Viewers are invited to choose – via the soap's social media channels – their favourite character from each show, with the most popular interacting in a scene. Could we see *Corrie*'s landlandy Carla Connor serving Charity Dingle a glass of vino?

Coronation Street and *Emmerdale* are the UK's biggest soaps, with a weekly combined reach of over 8 million viewers. And while this crossover is a unique, one-off event, ITV says that 'the consequences of the high-stakes drama will have repercussions for both communities and see them linked forever'. The drama!

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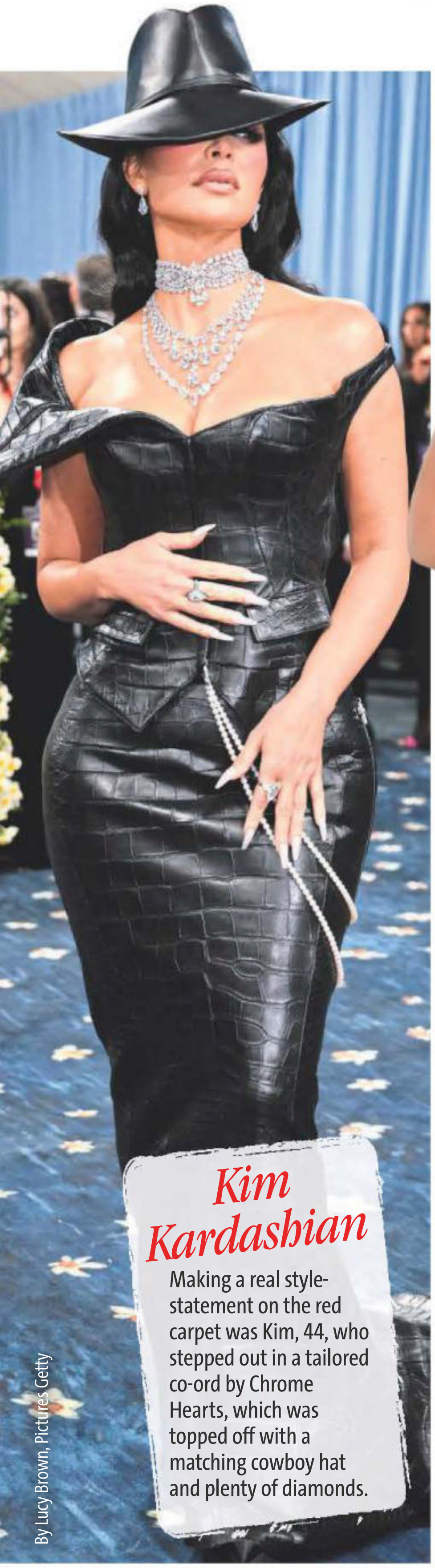
Pictures: Shutterstock **Cover pictures:** Shutterstock, Instagram, Getty

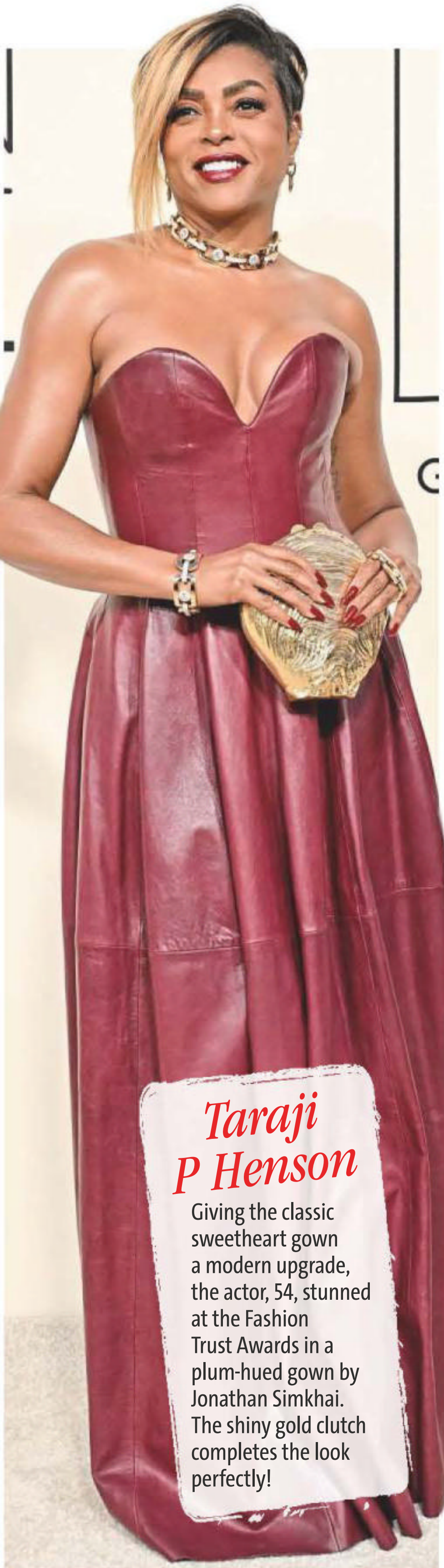
Luxe In Leat



Kim Kardashian

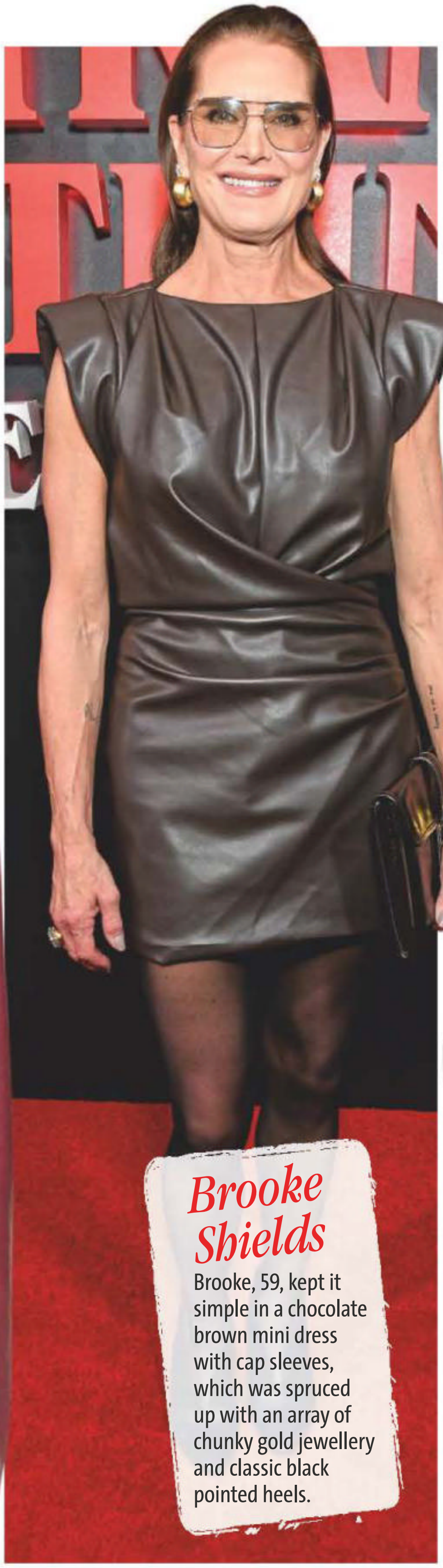
Making a real style-statement on the red carpet was Kim, 44, who stepped out in a tailored co-ord by Chrome Hearts, which was topped off with a matching cowboy hat and plenty of diamonds.

By Lucy Brown, Pictures Getty



Taraji P Henson

Giving the classic sweetheart gown a modern upgrade, the actor, 54, stunned at the Fashion Trust Awards in a plum-hued gown by Jonathan Simkhai. The shiny gold clutch completes the look perfectly!

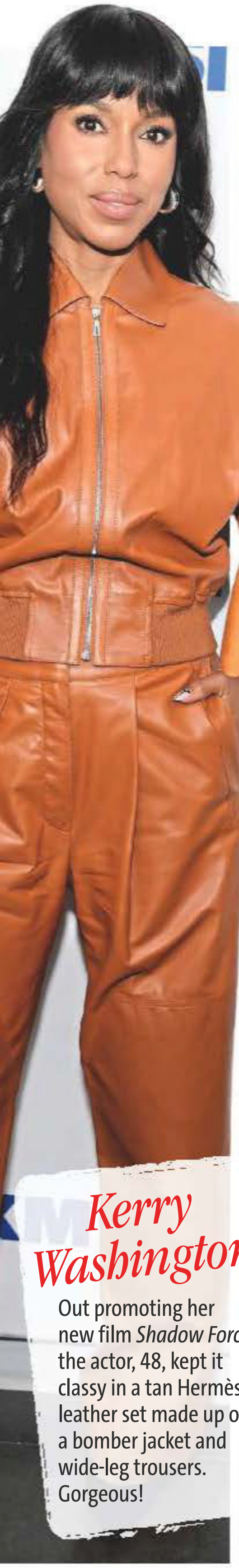


Brooke Shields

Brooke, 59, kept it simple in a chocolate brown mini dress with cap sleeves, which was spruced up with an array of chunky gold jewellery and classic black pointed heels.

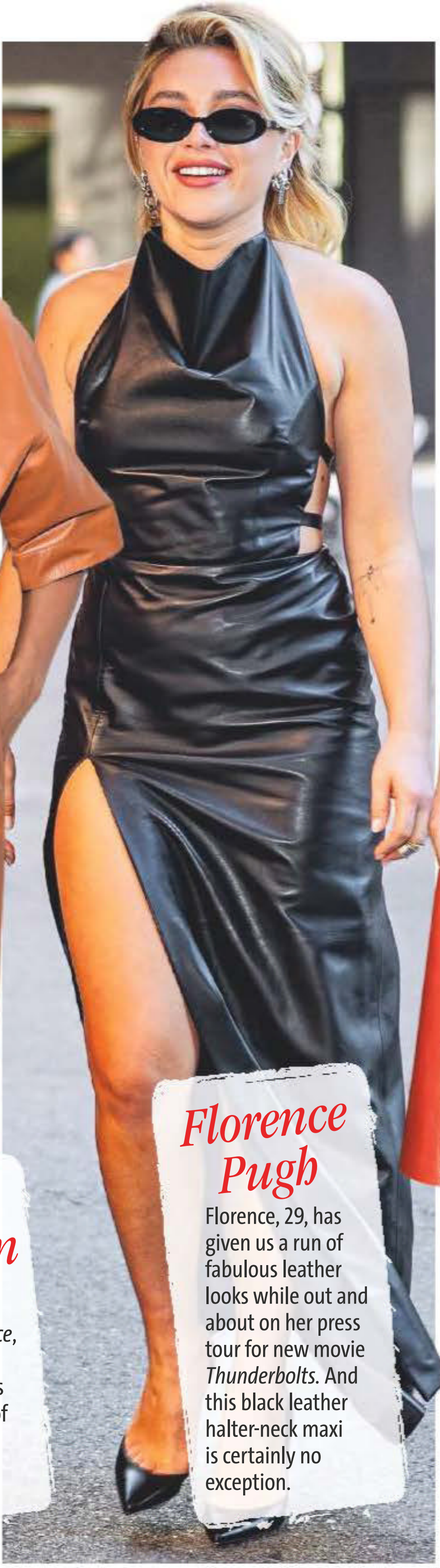
her

It may be warm outside, but the celebs are still loving this classic texture



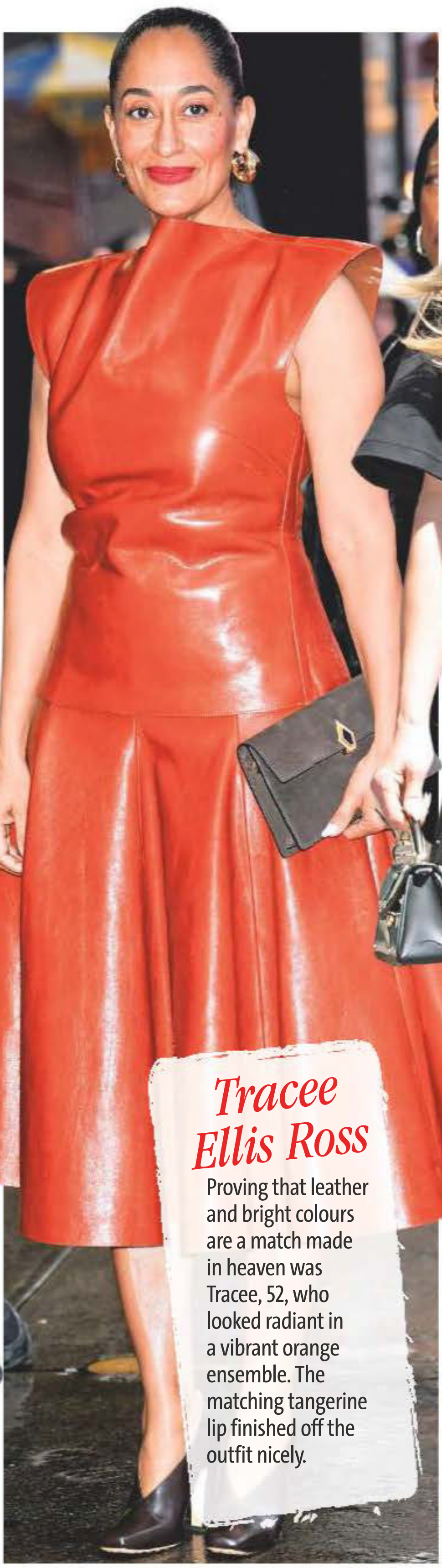
Kerry Washington

Out promoting her new film *Shadow Force*, the actor, 48, kept it classy in a tan Hermès leather set made up of a bomber jacket and wide-leg trousers. Gorgeous!



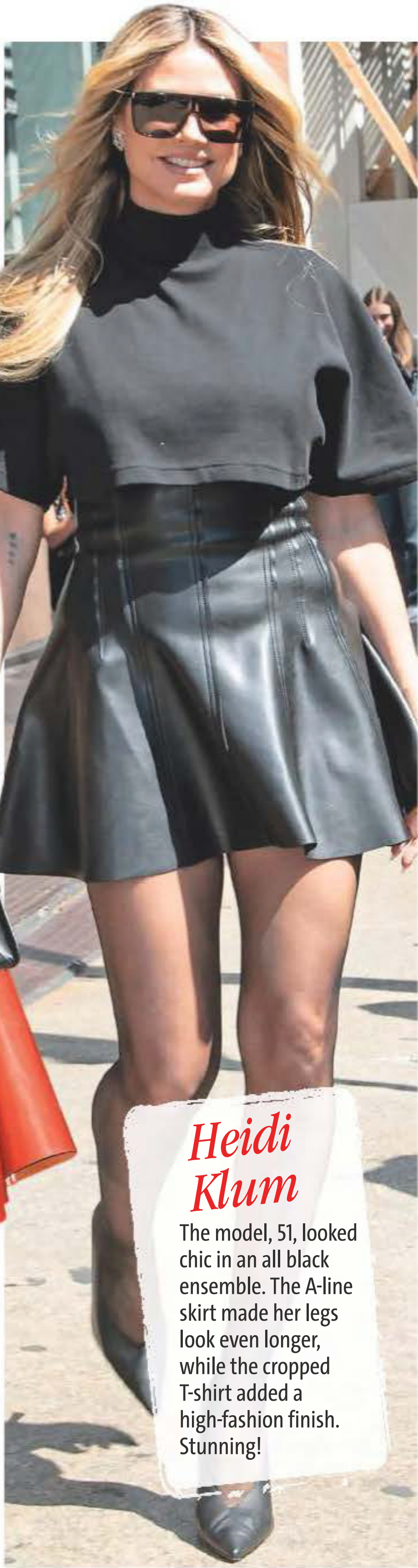
Florence Pugh

Florence, 29, has given us a run of fabulous leather looks while out and about on her press tour for new movie *Thunderbolts*. And this black leather halter-neck maxi is certainly no exception.



Tracee Ellis Ross

Proving that leather and bright colours are a match made in heaven was Tracee, 52, who looked radiant in a vibrant orange ensemble. The matching tangerine lip finished off the outfit nicely.



Heidi Klum

The model, 51, looked chic in an all black ensemble. The A-line skirt made her legs look even longer, while the cropped T-shirt added a high-fashion finish. Stunning!

CELEB NEWS & GOSSIP

New romance?

Morning Live presenters Gethin Jones, 47, and Helen Skelton, 41, are reportedly 'secretly dating', three years on from Helen's split from ex-husband Richie Myler.

The pair have great chemistry on-screen, and it seems like their relationship has grown behind the scenes too, with a source saying, 'There's a feeling in recent months that their friendship has blossomed into a deeper connection. They're both keen to keep a lid on it to avoid public scrutiny but there's no denying their closeness both on and off screen.'

At the recent TV BAFTAs, an onlooker said, 'It was very clear that Helen and Gethin were together as a couple at the event.'

And this seemingly new romance will no doubt bring some happiness to Helen – who's mum to Ernie, nine, Louis, eight, and Elsie, four, from her marriage to Richie – after the rugby player left her in 2022. He went on to have two further children with new love Stephanie Thirkill.

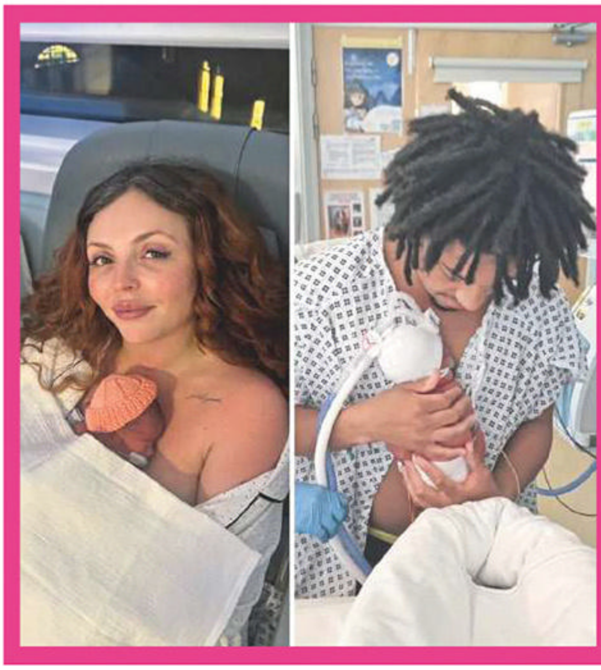
Lorraine and Loose Women CUT

Huge changes as ITV shakes up its schedule

ITV favourites *Lorraine* and *Loose Women* have been axed for almost half of the year, and face huge changes as the channel makes big shifts to its daytime TV schedule. Starting from 2026, *Lorraine* and *Loose Women* will run for only 30 weeks of the year 'on a seasonal basis', and the runtime for Lorraine Kelly's morning chat show has also been cut in half, running for only 30 minutes from 9.30am to 10am. Replacing Lorraine's runtime will be *GMB*, which will be extended by 30 minutes.

Managing Director of ITV's Media and Entertainment Division, Kevin Lygo, said, 'Daytime is a really important part of what we do, and these scheduling and production changes will enable us to continue to deliver a schedule providing viewers with the news, debate and discussion they love from the presenters they know and trust.'

While ITV presenters such as Lorraine Kelly, and Alison Hammond, will remain on our screens, these changes mean over 220 jobs will be cut. The production teams behind *Lorraine*, *This Morning* and *Loose Women* will merge to become one shared team. It's believed as many as a third of *Loose Women*'s panellists may be facing the chop, as they won't need so many stars to fill the reduced schedule. Kevin added, 'I recognise that our plans will have an impact on staff off-screen in our Daytime production teams, and we will work with ITV Studios and ITN as they manage these changes to produce the shows differently from next year, and support them through this transition.'



DOUBLE JOY

Singer Jesy Nelson welcomed her twin daughters on 15 May, after a long stay in hospital following complications and surgery. The former Little Mix star, 33, previously revealed she was experiencing TTTS (twin-to-twin transfusion syndrome), but shared the happy news of the babies' arrival, with photos of herself and partner, musician Zion Foster, 26, both holding their bundles of joy.

She said, 'Our beautiful baby girls decided to come at 31 weeks plus five days. It all happened so quickly, but we are so blessed that they are here with us, healthy and fighting strong! We've never felt more in love. Everybody meet Ocean Jade Nelson-Foster and Story Monroe Nelson-Foster.'

'LONELY' EAMONN

GB News presenter Eamonn Holmes swiftly moved on after he split from Ruth Langsford, his wife of 14 years, in 2024. But now it seems like his relationship with girlfriend Katie Alexander may have come to a standstill, as she apparently doesn't want to move in with him. Katie, 43, co-parents two sons with her ex-husband in Yorkshire, while Eamonn, 54, resides in Kingston in south-west London. A source said, 'There's no way she will move in with Eamonn in the near future, or for many years. She has her children to consider', and added, 'Eamonn seems so lonely since splitting with Ruth, so it's not exactly ideal for him.'

Eamonn sparked further concern last week after he fell off his chair live on TV.

Our love story

Seven years together

Prince Harry and Meghan Markle celebrated their seven-year wedding anniversary on 19 May, and to mark the occasion, she shared a collage of photos from their relationship.

Including some never-before-seen pictures, the selection include Meghan, 43, and Harry, 40, on their wedding day, back when they were dating and an ultrasound of one of their children – either Prince Archie, six, or Princess Lilibet, four.

Meghan shared the collage with a heartfelt caption saying, 'Seven years of marriage. A lifetime of stories. Thanks to all of you (whether by our side, or from afar) who have loved and supported us throughout our love story – we appreciate you.'

By Amy Lo, **Pictures** Backgrid, Shutterstock, Instagram, Getty, Zuma Press / eyevine

RHS Chelsea Flower Show

Royal gift

King Charles and Queen Camilla checked if David Beckham got the present they sent for his recent 50th birthday. Shaking hands with His Maj at the show, David said, 'It was incredible. Thank you, it was very kind', while Charles, 76, and Camilla, 77, replied, 'Nice to see you again.'

Floral fashion

Kate Garraway embodied the Chelsea Flower Show as she attended the event in a floral suit. The 58-year-old TV presenter is very green fingered and said that gardening was 'an absolute saviour' for her mental health when her late husband, Derek, was in a coma.

Pretty in pink

Baking legend Mary Berry, 90, was a vision in pink as she attended Day 1 of the gardening show in a pastel, floral dress. Mary is an ambassador for the Royal Horticultural Society and thanked the flower show for 'another wonderful day.'

Exclusive

Judy's amazing GLOW-UP!

How the TV star looks so good at 77

As she celebrated her birthday earlier this month, Judy Finnigan surprised many fans with her new youthful look – and it's all thanks to her glow-up. The TV star and author, who turned 77 on 16 May, looked happy and smiley as she spent her special day with her family at their north London home.

Her daughter Chloe shared photos of Judy's birthday, with a video of her presenting her mum with a colourful cake before singing *Happy Birthday*. 'Rosé flowing with your chosen family. Happy birthday to my favourite woman in the world,' she posted. Judy's showbiz pals including Vicky Pattison, Vanessa Feltz and *GMB*'s Charlotte Hawkins sent her their best wishes. 'Happy birthday Queen Judy,' Vicky said.

Judy drew lots of compliments for her glow-up, with her styled blonde hair, pearly white teeth – the result of new implants in 2017 – and a radiant complexion, with fans describing her as a 'legend'.

> 'Getting older is strange'

'How amazing does she look?,' one fan remarked, with another commenting, 'What a beautiful smile she has.'

The former *This Morning* host also found herself becoming an unlikely style inspiration with fans liking her colourful, floral print dress by Boden. 'I love her dress. Where is it from?' one follower asked. The £126 Bella puff sleeve maxi dress soon became one of the high street brand's most sought-after pieces, with people snapping it up within hours of Chloe's post.

Joining Judy on her birthday was husband Richard Madeley, who turned 69 on 13 May, their son Jack, 39, and daughter Chloe, 37, and their kids. Jack and wife Issy have son Kit, six, and daughter Wren, 19 months, while Chloe and ex-husband James Haskell share two-year-old daughter Bodhi. Judy also has twin sons Dan and Tom, 48, from her first marriage to TV producer-director David Henshaw.

Judy – who has shied away from the spotlight following her retirement from showbiz in 2018 – looked to be in her element. 'Getting older is strange,' she has said. 'It's feeling that your horizons are creeping towards you. You become aware that what you want to be doing, you should be doing now.'

Life hasn't been easy on Judy. She battled to save her eyesight after a detached retina in 2010. Judy also opened up about her brush with death after a ruptured stomach ulcer in 2018, as a result of taking ibuprofen to help with knee pain. The star was forced to have two 'major, life-saving' blood transfusions, with doctors saying that she would have 'bled out within half an hour' if she hadn't rushed to hospital in time.

'I nearly died,' she admitted as she explained how she 'vomited copious amounts of blood' in bed. 'Totally out of the blue. Never experienced anything like it before and hope to God I never will again. I survived thanks to an exceptionally swift-arriving and skilled ambulance crew, superb

Chloe presents her mum a cake

Enjoying the day with Richard and Jack

Richard and Judy were TV's power couple

emergency treatment at London's Royal Free Hospital and two major life-saving blood transfusions.'

Judy has also been open about her battle with depressive episodes and how her husband of 38 years helps lift her from the fog. 'Richard is so good with me when I'm feeling gloomy. He's the opposite of depressive, you see, an extrovert. Always happy,' she revealed. 'It is a gift. I'm lucky to be in his aura because I am the opposite. Thinking too much.'

> 'I think too much'

As *Bella* exclusively revealed recently, the former telly presenter and grandmother of five – who once struggled with her weight – is also on a mission to maintain her trim figure, having lost 2st recently, with the help of her fitness fanatic daughter. 'Judy embarked on a fresh start approach to her weight loss not long after her last granddaughter was born. With Chloe's five-year marriage falling apart, Judy needed to step up and help, so her daughter's fully qualified expertise helped,' our insider said. 'She put Judy on a revised programme of eating and exercise – including reduced daily calorie intake managed by smaller portions, little and more often, plus regular exercise. Judy has seen the pounds fall away – she's lost two stone!'

The source added, 'Judy has had a few underlying medical issues over the years, and losing weight has had a significant impact on her body and general health. She's said it before: she finds weight management boring and hard to maintain over a certain age – gyms and crazy diets are not a bit of her. But keeping her health in check is vital as she had been suffering with joint pains and was told she might have to undergo a hip operation. The weight loss has given Judy the energy she needs.'

Once the queen of daytime TV, Judy looks like she's loving retirement and her life away from the small screen – despite Richard still enjoying his run on *Good Morning Britain*. The couple previously made a comeback to guest-present *This Morning* in 2019.

'I've got absolutely no interest in it at all now. It was a fabulous career, I loved most of it and it was fascinating,' she said. 'But I did it for 30-odd years and the kind of TV I was doing was full-on – it was live and it completely sucks up your life. I just got fed up of it.'

With Richard and Chloe in 2015

By Shereen Low, **Pictures:** Instagram, Getty, Shutterstock

Fergi talks

With her former mother-in-law

Two of the Queen's corgis now live with Fergie

They had a famously rocky relationship, but the Duchess of York, Sarah Ferguson, has claimed she is still speaking to Queen Elizabeth II through her beloved corgis.

The late Queen's last two corgis – Muick and Sandy – were gifted to her by Fergie and her ex-husband, the Queen's son Prince Andrew, both 65, and were returned to them following her passing in September 2022.

Despite divorcing in 1996, Andrew and Fergie have stayed good friends and successfully co-parented their two daughters Princess Beatrice, 36, and Princess Eugenie, 35. The former couple still live together at Royal Lodge in Windsor, where they look after the dogs.

And it was during a conversation on stage at the Creative Women Platform Forum conference in London earlier this month that Fergie opened up about the connection she still has with her late mother-in-law.

She said, 'I have her corgis, so every morning they come in and go, "Woof, woof" and all that and I'm sure it's her talking to me.

'The real thing is that I had the greatest honour to be her daughter-in-law. You know, that's really huge. I want everyone to remember what an amazing lady she was.'

'I'm sure it's her talking'

The Queen and Fergie bonded over their shared love of horses, polo and the navy during her marriage to Andrew, with it being reported that the monarch would refer to her daughter-in-law as 'my young friend' to people in her inner circle. She also won over the Queen's husband Prince Philip – who passed away in April 2021 –

ie: 'The Queen still s to me EVERY DAY!'

Prince Andrew's ex-wife makes shock admission

with her 'sharp sense of humour.'

Following their divorce, Fergie continued to be invited on royal holidays until, during a trip to Balmoral in 1992, humiliating photos of the duchess and her financial adviser John Bryan were printed in the newspapers, leaving the Queen 'absolutely furious'.

Royal expert Jennie Bond explained previously, 'It was excruciatingly embarrassing, and she went to the Queen, who was livid.' It is also believed that at around the same time Prince Philip decided 'enough is enough' and did not see his former daughter-in-law for 26 years following the scandal.

'The Queen was livid'

Fergie didn't receive an invitation to her nephew Prince William's 2011 wedding to Kate Middleton but was on the guest list for Prince Harry and Meghan Markle's wedding in 2018. Following this, she started to be welcomed back into the royal fold, accompanying the Queen to Royal Ascot alongside her daughter Beatrice in 2018 and spending time with the family during summers in Balmoral once again.

And though Fergie has been speaking highly of her mother-in-law, her own daughter Eugenie has been singing her praises too, as she recently opened up on the corrective spine surgery she underwent aged 12 after suffering from scoliosis as a child.

The eight-hour surgery saw Eugenie have eight-inch titanium rods inserted either side of her spine and one-and-a-half inch screws at the top of her neck. She spent three days in intensive care, a week on a ward and six days in a wheelchair, recently discussing the 'shame' she felt after having to undergo the surgery and be cared for afterwards.

Eugenie says it was her mother who helped her change her outlook on having the surgery.

She said in a recent interview, '[Mum was amazing. She'd ask me if she could show it to people, then she'd turn me around and say, "My daughter is superhuman, you've got to check out her scar."' Eugenie says this made her feel that her scar was a 'badge of honour' and realise 'I could help heal other people.'

Fergie still lives with ex-husband Prince Andrew

With youngest daughter Eugenie

Eugenie added, 'My mum always taught me that giving back to others is the most important thing in life. Bea and I feel very strongly about this. My grandmother's sense of duty was also instilled from a young age; we watched my parents, my granny and other family members working very hard.'

Things might seem to be on the up for the York clan – but that may not be the case for long. Since Prince Andrew became caught up in the Jeffrey Epstein sex-trafficking scandal and accused of sexually abusing Virginia Giuffre – who tragically died in April – when she was 17, which he continues to strongly deny, the family have been back on the front pages. And now, they face the looming publication of a new biography about their lives.

Royal author Andrew Lownie – who has previously written books on the late Queen's uncle King Edward VIII and Prince Philip's aunt and uncle Dickie and Edwina Mountbatten – promises his book, *Entitled: The Rise and Fall of the House of York*, due to be published this autumn, will be a 'no-holds-barred' account.

The synopsis of the book claims it is full of 'extraordinary revelations' and will 'investigate the reality of their relationship' as well as 'delving deeper into [Andrew's] links with Jeffrey Epstein, which began earlier, continued longer and were much more frequent than reported.'

By Samuel McManus, **Pictures** Getty Images/Shutterstock

Brenda: wildest L

Brenda Edwards opens up about how close the TV panellists really are

Not many people get to work with their closest friends, but for *Loose Women*'s Brenda Edwards, it's a regular occurrence. The TV star, 56, has been keeping herself busy in recent months. Juggling *Loose Women* with starring in the musical *Chicago*, Brenda's also passionately working on the Jamal Edwards Self Belief Trust – set up in honour of her son Jamal, who tragically died aged 31 in 2022. Now, Brenda tells us about her *Loose Women* pals, her *Strictly* dreams, and how she hopes her own experiences can help others overcome traumatic moments…

‘We're busy women'

How is *Loose Women* going?

It's going good! I love *Loose*. We talk about both sensitive and fun topics, and it's great that it's been 25 years.

The panel's had a big shake-up in the past year or so, hasn't it?

We've had an addition of some younger females. I think it's nice to get an opinion from all kinds of ranges and demographics. We're always evolving, and you've got to keep it current.

You, Charlene White, Judi Love and Kelle Bryan were four Black women to all grace the *Loose Women* panel at once. Do you feel you're making history?

We got the Royal Television Society Award for that, which was amazing. We've had more all-Black panels since then too, so it's not just a one-off. People haven't seen us on there as much together recently, because we're four busy women. Everybody does things outside of *Loose*. Judi is in

With her late son, Jamal

'Judi and I are the oose Women'

She loves a night out with Judi

different countries, and I'm doing lots, so it's about getting our schedules together. It's hard to pin the four of us down, but we will get there.

Who is the wildest Loose Woman on a night out?

Me and Judi! We're normally the last women standing.

How is everything going for you outside of the show?

It's going well! I'm in the musical *Chicago*, as Mama Morton, and I'm also working on the Trust stuff too. It's very exciting. We've got a new community hub that's coming for young people, and the homeless sanctuary that I've been working on for underrepresented young people, children and carers, so we're busy.

Have you and your *Chicago* colleague Janette Manrara hit it off?

She's absolutely fabulous. We had a great night out – it was a wild one, which I love! She is amazing.

Has she twisted your arm into doing *Strictly* yet?

I've asked her to put in a good word for me. Don't worry, I'm pushing all avenues. If I get on *Strictly*, I'll have to start practising my splits [laughs]. I want to do it! It's between Coleen Nolan and me, because she really wants to go on it also.

> 'I've been through trauma'

We keep getting *Loose Women* on *Strictly*, but we never actually make it to the final.

Maybe you could be the one...

I absolutely could, you're too right.

Are you all as close on *Loose Women* as you say you are?

Of course! Don't believe the rumours. Somebody wrote something that I didn't turn up to Coleen's sister's funeral, and what sort of friend was I? I was working on *Chicago.* It's wrong when they post things like that, and people make stuff up that's not true.

Do you think women sometimes get pitted against each other?

Yes, and I'm not into that. I've got my own life, and my own stories and experiences. Unfortunately, I've been through a lot of traumatic stuff – but if you can open up about what you've gone through, it can help somebody else who is also going through it too.

You're now breast cancer free. Would you ever run a marathon to mark the milestone?

I've got flat feet, so I can't run. That's why I wear trainers a lot. My health is fabulous, babe! I'm 10 years free of cancer. I'm just living my life, and if I can help share my story and how to look out for signs, then that's what I'll do. Obviously, *Loose Women* did the campaign, and we're always trying to raise awareness. These are the things that matter to us.

How did you discover your lump?

It was after a conversation backstage with one of my friends who had just been diagnosed, and I later discovered what felt like a lump the size of a pea on my breast when I was in the shower. It shows that we need to keep talking to each other about it. You think, 'That might be me,' and you decide to check. That's how I found mine, so I'm very grateful.

Would you like to find romance?

I'm not going to be open about whether I'm seeing someone or not. If they're not in the industry, it's a bit unfair to put them in it. I need to have some things private.

● *Brenda attended the We Aren't Kids Anymore press night at the Savoy Theatre in London.*

Brenda joined the ITV show back in 2019

On-stage in *Chicago*

By Julie Ann Trainor, **Pictures** Getty, Chicago, Instagram, Shutterstock

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A mum has moaned online after her 'bossy' mother-in-law gave her advice on how to look after her baby, saying she was interfering,

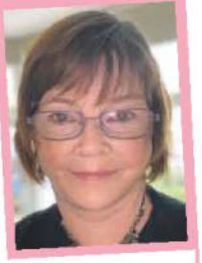
So, we ask…

Should grandparents have a say in how their grandkids are raised?

No

'I know my boundaries'

Olivia Greenway, 69, travel writer and journalist



I feel very strongly that while I might be asked for and give my opinion on things occasionally, my grandchildren are not my children – I don't have any jurisdiction over them, other than when they are in my care.

With social media creating a rosy world of permanently happy families, there's already a lot of pressure around. It's tough being a parent these days. My three married children – with two children each – work full time, and I would hate to add to the stress by sticking my oar in. They are permanently broke, despite having good jobs, as the cost of everything has gone through the roof.

I'm older and wiser with lots of life experience, but that doesn't mean what I think is 'right' – it's just what I think. And there's a strong possibility my children are avoiding the problems they think their parents made by doing things differently – just like I did, having a very strict father.

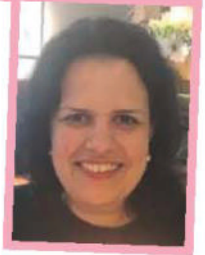
My oldest grandchild is a teenager this year. If that's when the trouble starts, I want to be around to offer support if I can. If my children felt resentment, I don't think they would let me help.

As it is, we are a happy family, and my grandchildren give me great joy. But I know my boundaries and they are ones I have set myself. So long as they are loved and cared for, I don't think it matters how they are brought up.

Yes

'With age comes experience'

Daljit Kaur, 54, writer



Grandparents should absolutely have a say in how their grandchildren are brought up, especially if they have demonstrated good parenting skills in raising their own children.

I have a seven-month-old granddaughter, and her parents appreciate my input and having me there to help out. With age comes experience and wisdom and we can offer guidance on what works and what doesn't.

While parenting methods have evolved, many of the core principles like patience, consistency and love remain unchanged. Grandparents are uniquely positioned to offer new advice and old wisdom, blending modern techniques with tried and tested strategies.

Grandparents also bring an essential calming presence. They often have more time and patience to devote to their grandchildren, something that is especially beneficial when parents are often overwhelmed and exhausted. By stepping in to help, grandparents allow parents the opportunity to rest and recharge.

Support, help and guidance is invaluable for both parents and children.

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By Paula Costas Pictures: Shutterstock

The girl who CAUGHT A KILLE

A gripping new documentary tells the story of Rachael Watts, who breaks her 30-year silence to reveal how she survived a brutal abduction by the Babes in the Woods killer, which led to the discovery of a devastating miscarriage of justice…

On a bright, sunny afternoon in February 1990, seven-year-old Rachael Watts was skating around in her white roller boots while her dad, Peter, planted pansies in the front garden. The family had only recently moved to the Whitehawk estate in Brighton, and that day, Rachael went off to visit a friend. But when no one answered the door, she skated back home, only to lose control and hit her head. When Rachael returned, her dad gave her £1 to spend at the sweet shop. She set off again, but still unfamiliar with the area, she got lost. That's when she spotted a man working on a red Ford Cortina and approached him for directions. He looked like a mechanic, just like her dad, so she thought he seemed safe. But without a word, the man grabbed Rachael and threw her into the boot of his car. As it sped off, she noticed a hammer inside. Banging on the lid with it, she screamed, offering him the pound coin her dad had given her. 'Shut up or I'll kill you,' he told her.

Thinking fast, Rachael removed her roller boots, hoping she might be able to run if the chance came. But when the car reached Devil's Dyke – an isolated spot five miles away – the man took her from the boot and placed her on the back seat. He then removed her clothes, sexually assaulted and strangled her, and left her unconscious in the undergrowth. He assumed she was dead, but she wasn't.

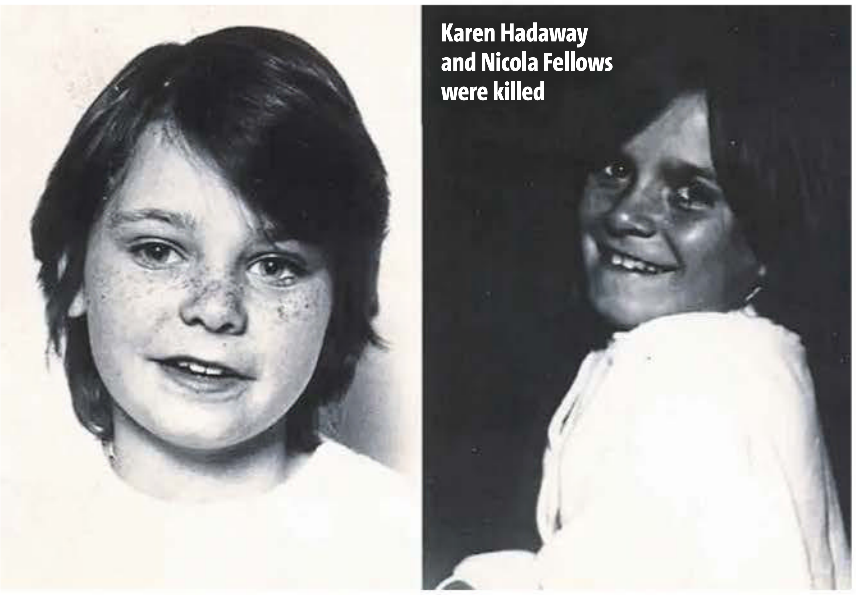
When Rachael regained consciousness, she stumbled through the now dark woods, bloodied and disoriented. Seeing headlights in the distance, her first thought was that the man had come back. But, desperate for help, she approached the car. A horrified young couple stopped and wrapped her in a blanket and drove her to a nearby golf club to call 999.

The first Rachael's parents knew of the attack was when police arrived to say their daughter had been taken to hospital. Peter had assumed Rachael had been at her friend's house two doors down the whole time. At the hospital, Rachael remained composed and in the days that followed she provided police with crucial details such as the red car, the hammer and the man's moustache. But too ashamed to say anything, Rachael didn't tell police or her parents what had happened on the back seat.

'Shut up or I'll kill you'

Soon, Sussex Police had a lead on a local suspect. Tyre tracks near the scene matched his vehicle and investigators also found hammer marks inside the boot, just as Rachael had described. His name was Russell Bishop and he had been acquitted for a horrific crime four years earlier that bore chilling similarities to Rachael's assault.

Back in 1986, nine-year-olds Nicola Fellows and Karen Hadaway went missing from the Moulsecoomb estate in Brighton. Their bodies were found side-by-side in nearby Wild Park. They had been sexually assaulted and strangled. The horrific crime would eventually become known as the 'Babes in the Wood' murders. Twenty-year-old labourer, Russell Bishop, who knew both girls'



Karen Hadaway and Nicola Fellows were killed

R

Rachael as a child

Rachael now

families, was arrested after detectives recovered a blue sweatshirt near the scene, that his girlfriend, Jenny Johnson, said belonged to him. In December 1986, Bishop was charged with murder and the following year, he stood trial at Lewes Crown Court.

But with DNA technology still in its infancy, forensic experts failed to link the sweatshirt to Bishop and could not be sure that fibres on the jumper had come from the victims' clothes. Bishop's girlfriend also retracted her statement about the sweatshirt belonging to Bishop. The jury found there was enough reasonable doubt to find Bishop not guilty.

'I was so scared'

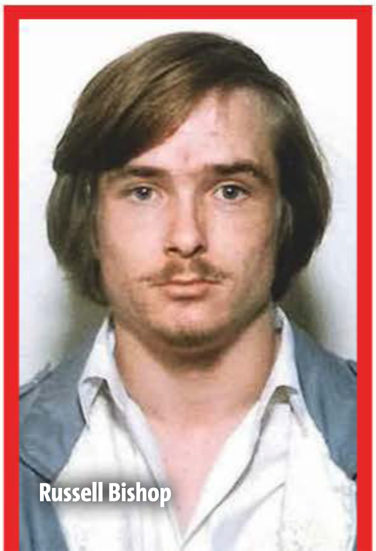
Bishop was acquitted and walked free from court. However, he remained under suspicion and, fast-forward to 1990, he was now prime suspect for the abduction and assault on Rachael Watts.

Police organised an identity parade and with her mother by her side, Rachael bravely identified Russell Bishop. He was arrested and charged with attempted murder, kidnapping and indecent assault. Despite being just seven, Rachael gave evidence in court from behind a screen. Her testimony helped secure Bishop's conviction and he was sentenced to life with a minimum term of 14 years. Dubbed 'Britain's bravest girl' by the press, Rachael returned to what looked like a normal life. As an adult, she became a mother and got married, but she kept the details of her attack a secret, even from her children.

'I just assumed that there would never have to be a reason for me to tell anybody,' Rachael said.

However, over time, the trauma began to resurface and her mental health declined. One particularly triggering moment came when Rachael received a call from the charity Victim Support, informing her that Bishop was up for parole. 'I was so scared that he was going to come and find me,' Rachael said.

Although Bishop was denied parole, it marked the start of a disturbing cycle in which Rachael was notified every time he became eligible again. Then in 2005, the abolition of the double jeopardy law meant Bishop could be retried for the murders of Nicola and Karen if new evidence emerged.


Russell Bishop

In 2012, advances in DNA technology allowed forensic teams to reanalyse the evidence. This time, the blue sweatshirt was definitively linked to Bishop. Fibres from both girls' clothes were found on it and his DNA was also found on Karen's forearm.

Bishop was rearrested and a judge ordered a second trial at the Old Bailey. On 10 December 2018, Russell Bishop, 52, was found guilty of murdering Karen and Nicola and sentenced to life in prison with no chance of parole. For the girls' families, it was long-overdue justice after 31 years. But throughout, Rachael continued to carry the weight of her own ordeal and what Bishop did to her. 'I don't remember when I remembered the details of the attack itself. But I was conscious when he assaulted me,' she said. 'I do know the reason I didn't talk about it earlier was because I was ashamed.'

In 2022, after Bishop died of brain cancer aged 55, Rachael finally felt safe enough to waive her anonymity and speak openly for the first time in over 30 years. 'As soon as he was dead there was nothing to be afraid of any more,' she said. But the trauma had already taken its toll. Rachael has spent years battling complex PTSD, acute anxiety, agoraphobia and major depressive disorder, leaving her mostly confined to her bedroom. To help her recovery, friends set up a GoFundMe to help transform her garden into a calming therapy space with a garden room – a sanctuary where she can feel safe, breathe freely, and begin to heal.

Sharing her story in the new documentary marked another turning point. 'I was tired of simply being referred to as "the seven-year-old victim",' she said. 'I wanted people to realise there was a person behind that footnote.' Now, after years in the shadows, Rachael is beginning to step back into the light, telling her story, and taking those first fragile steps to rebuild her life.

● *The Girl Who Caught A Killer will air on Sky and streaming service Now on 25 May. To make a donation go to gofundme.com/f/rachael-russell-bishop-survivor*

By Elaine Hayward. **Pictures:** Shutterstock, Sky

‘The holiday snap that inspired us to lose 8st!’

With a wedding to plan, Chloe Tippin, 28, and her fiancé Ollie, 29, took action…

The picture that made the couple want to lose weight

When my partner Ollie and I met in April 2015, we were both fairly slim. But fast-forward a few years of living together, and things had taken a turn. Thanks to our routine of eating out, ready meals and constant snacking, the weight had slowly crept on for both of us.

I worked from home in Worcester as an administrator, leading a very sedentary lifestyle. That meant almost no steps, no exercise and constant access to the fridge and snack cupboards. Chocolate and crisps were my daily go-to. Ollie had it slightly better, being physically active in his job as a cable joiner. But once he got home from work, we'd always opt for the quickest dinner options – ready meals, pizzas, takeaways or pub dinners. Aside from cooking the odd Sunday roast, we were too busy to cook.

By 2022, I'd gone from a size 14 to an 18, and Ollie had moved from a medium to a large. I'd tried a few diets but couldn't stick with them long enough to see results.

They weren't happy with their figures

Feeling great on their wedding day

In October that year, we flew to Phuket, Thailand. It was a dream holiday and at our all-inclusive hotel, we made the most of the buffet food and cocktails. A week into the trip, Ollie surprised me with a romantic dinner under the stars. Just as we finished, he got down on one knee and pulled out a ring. 'Yes!' I cried, bursting into tears before he even finished asking.

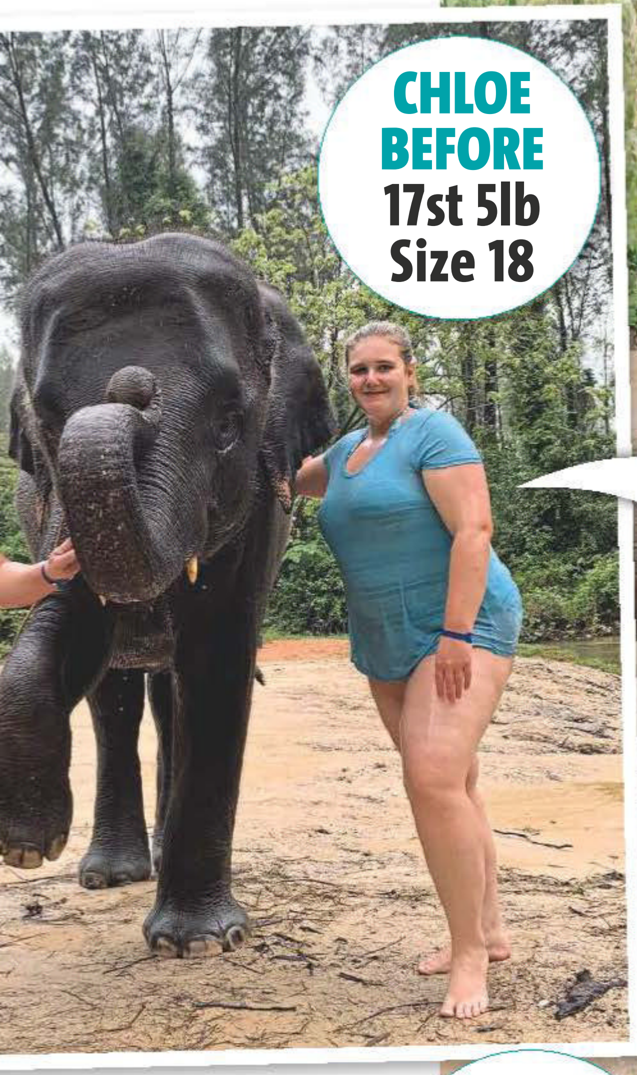
We were buzzing with excitement as we FaceTimed our families to share the news. The next day, we went on a tour to see elephants. It was magical – until the guide sent over the photos. 'Oh God,' I gasped, staring at one of them.

In it, I was wearing a t-shirt over my swimwear, standing next to an elephant. My face looked bloated, and my thighs looked enormous. I felt crushed. 'I don't want to walk down the aisle looking like that,' I said to Ollie. 'You look beautiful to me,' he said, trying to reassure me. But I felt the opposite. I'd spent the entire holiday feeling self-conscious, wearing full swimsuits instead of bikinis. I'd also been struggling with chafing when we walked anywhere. 'I have to do something,' I said. 'I can't feel like this on our wedding day.'

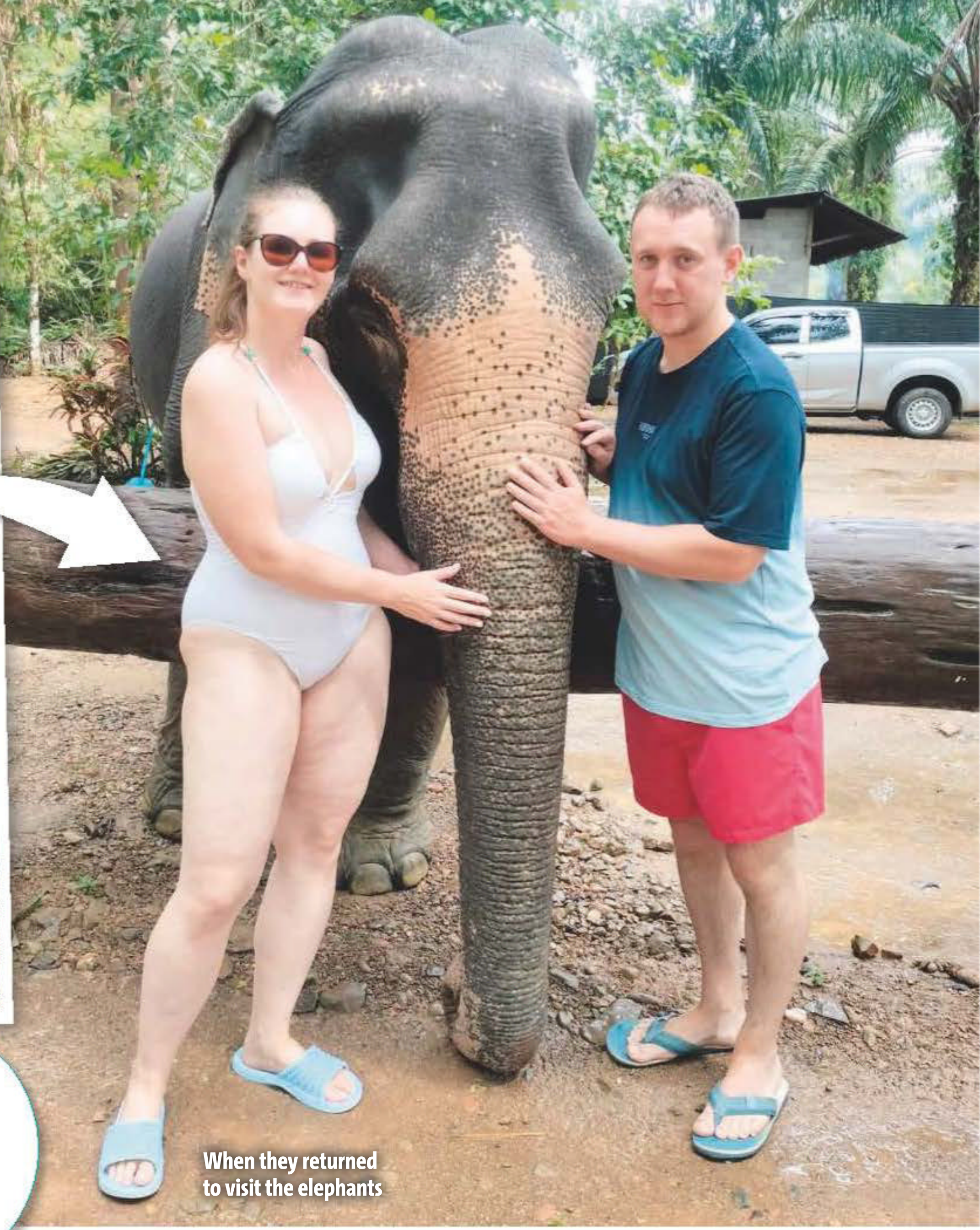
> ‘I can’t feel like this’

When Ollie looked at himself in the photos he said, 'To be honest, I could do with losing a bit too. Let's do it together.' We agreed to enjoy the rest of the holiday and Christmas before starting afresh in the New Year. With a summer 2024 wedding in mind, we had time to get in shape.

In December, I started researching diets and looked into The 1:1 Diet by Cambridge Weight Plan. My cousin Gemma was a consultant and had lost 10 stone herself. I messaged her, and in January 2023, Ollie and I had our first consultation. At 5ft 6in, I weighed 17st 4lb, while Ollie weighed 14st 7lb at 5ft 5in. We both wanted to lose two stone, so Gemma recommended Step 3 of



CHLOE BEFORE
17st 5lb
Size 18



CHLOE AFTER
12st
Size 12

When they returned to visit the elephants

the plan. That meant having two meal replacement products a day and a 600-calorie low-fat, high-protein meal like chicken stir-fry or salad.

It was a world away from my usual diet, so the first few days were tough. The sugar detox left me tired and I felt constantly hungry but Ollie and I stuck with it, drinking at least two litres of water daily and supporting each other.

Having Ollie doing it with me made a huge difference. Neither of us brought home tempting snacks or takeaways, and we leaned on each other to stay on track. When we didn't feel like cooking, we ordered healthy ready meals from Prepare Pots, which were a lifesaver on busy days.

We also started walking more. Having our dog, Marley, helped as it gave us a reason to get outside every day.

By May, we'd both smashed our original targets. I had lost 2st 7lb, and Ollie had shed 3st. We were thrilled with the results and while Ollie started to maintain, I wanted to lose a little bit more.

In August, I went wedding dress shopping. By then, I was a size 14 and felt so much more confident. I found the perfect dress – a lacy mermaid-style gown that hugged my figure beautifully. By September, I was down to a size 12 and had to get my dress taken in. I then moved on the maintenance step of the plan which allowed more calories and focused on keeping the weight off.

Socially, Ollie and I didn't miss out. At weddings or parties, we enjoyed ourselves but made more mindful choices in the days that followed to stay on track. In May 2024, we attended a friend's wedding. People who hadn't seen us in a while did double takes. 'I didn't even recognise you!' one of them said.

Our own wedding in August last year was everything I'd dreamed of. The compliments were overwhelming and I felt beautiful in every photo – a far cry from that elephant picture. We returned to Thailand for our honeymoon. This time, I packed bikinis and dresses, feeling confident and comfortable in the heat. We explored more, walking around temples, which would have left me feeling exhausted just a year earlier. We also went to Phuket and visited the elephants again, taking new photos – ones I was proud to share.

The diet plan hasn't just helped Ollie and I lose weight, it's completely changed our mindset around food. We now lead more balanced lifestyles, enjoying treats in moderation and staying active. Looking back, I'm actually grateful for that elephant photo. It gave Ollie and me the push we needed. Now we're looking forward to a happy and healthy future together.

DIET BEFORE

BREAKFAST: Three pieces of toast with butter and jam
LUNCH: Egg mayo sandwich with Mars bar and crisps
DINNER: Oven pizza or breaded chicken with chips
SNACKS: Chocolate, crisps and ice cream

DIET AFTER

BREAKFAST: Weetabix with banana
LUNCH: Homemade tomato soup
DINNER: Chicken skewers with salad and coleslaw
SNACKS: Tea with skimmed milk and sweetener

By Elaine Hayward and Matt Barbour

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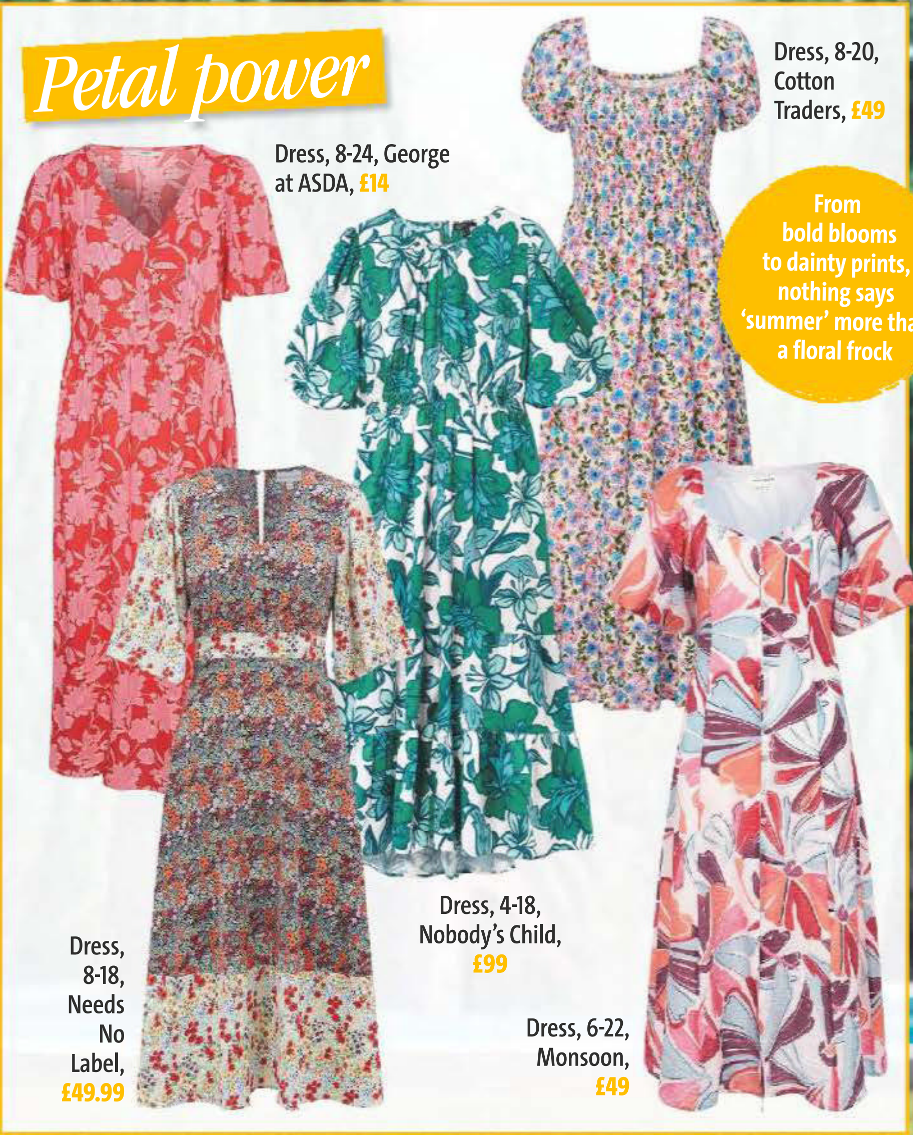


Dress, 8-24, George at ASDA, £14

Dress, 8-20, Cotton Traders, £49

Dress, 4-18, Nobody's Child, £99

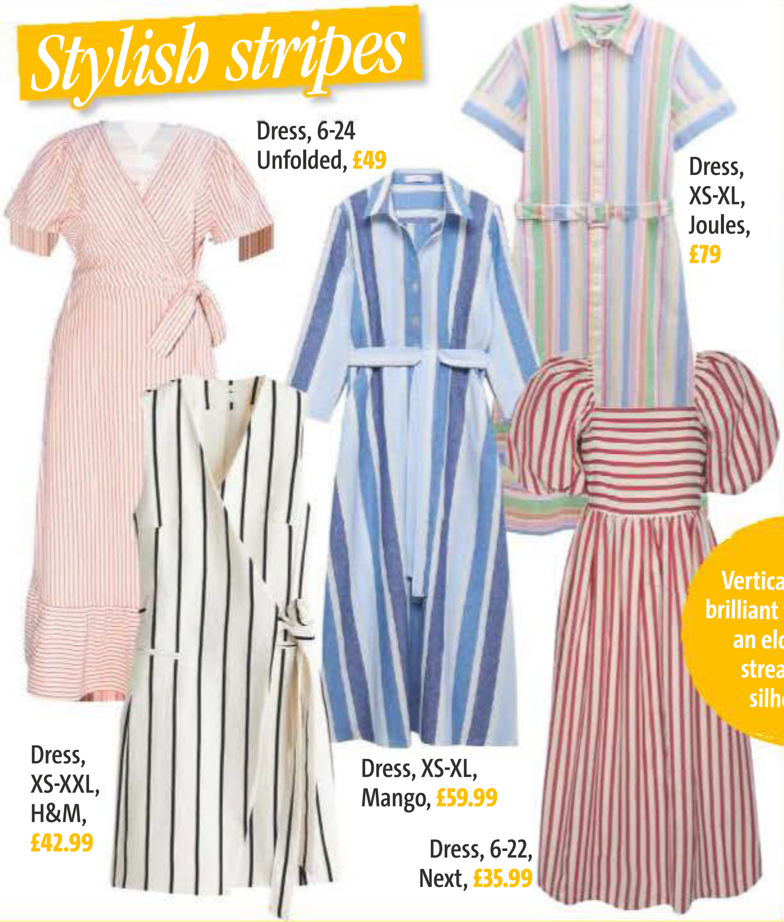
Dress, 8-18, Needs No Label, £49.99

Dress, 6-22, Monsoon, £49

Dress, 6-24, £69, FatFace; Shoes, stylist's own

Continued over the page...

Stylish stripes



Dress, 6-24
Unfolded, **£49**

Dress,
XS-XL,
Joules,
£79

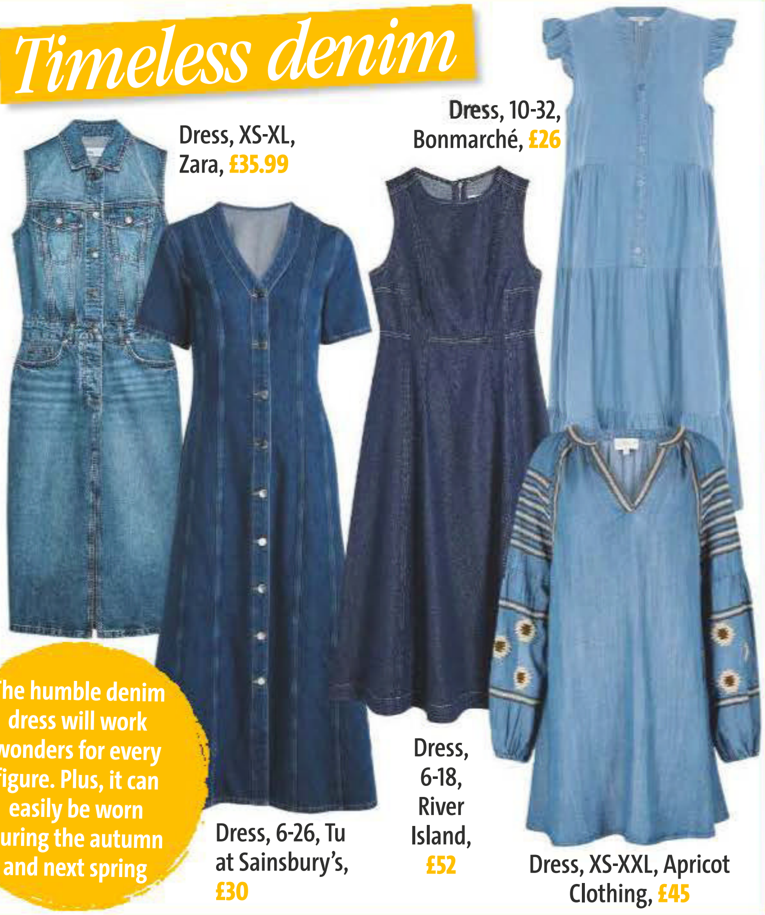
Dress,
XS-XXL,
H&M,
£42.99

Dress, XS-XL,
Mango, **£59.99**

Dress, 6-22,
Next, **£35.99**

Vertical lines are brilliant for creating an elongated, streamlined silhouette

Timeless denim



Dress, XS-XL,
Zara, **£35.99**

Dress, 10-32,
Bonmarché, **£26**

The humble denim dress will work wonders for every figure. Plus, it can easily be worn during the autumn and next spring

Dress, 6-26, Tu
at Sainsbury's,
£30

Dress,
6-18,
River
Island,
£52

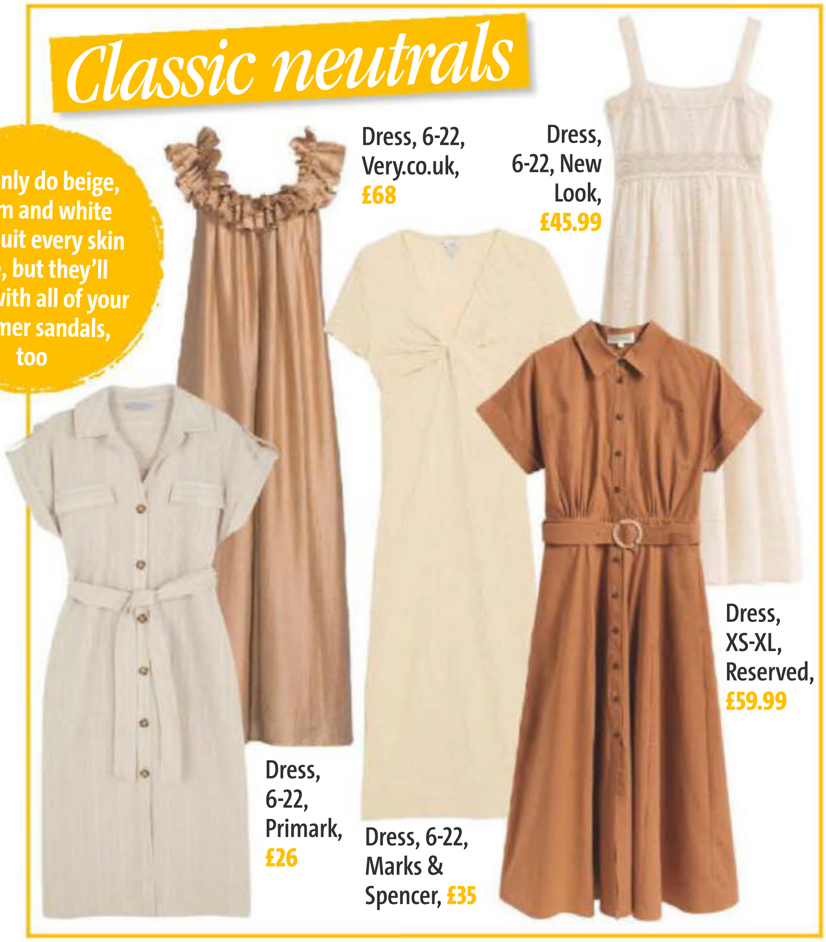
Dress, XS-XXL, Apricot
Clothing, **£45**

Dress, 6-18, **£59**,
Freemans; Shoes,
Stylist's own

Dress, 8-20, £59, Sosandar; Sunglasses and sandals, both stylist's own

Not only do beige, cream and white hues suit every skin tone, but they'll work with all of your summer sandals, too

Classic neutrals



Dress, 6-22, Very.co.uk, £68

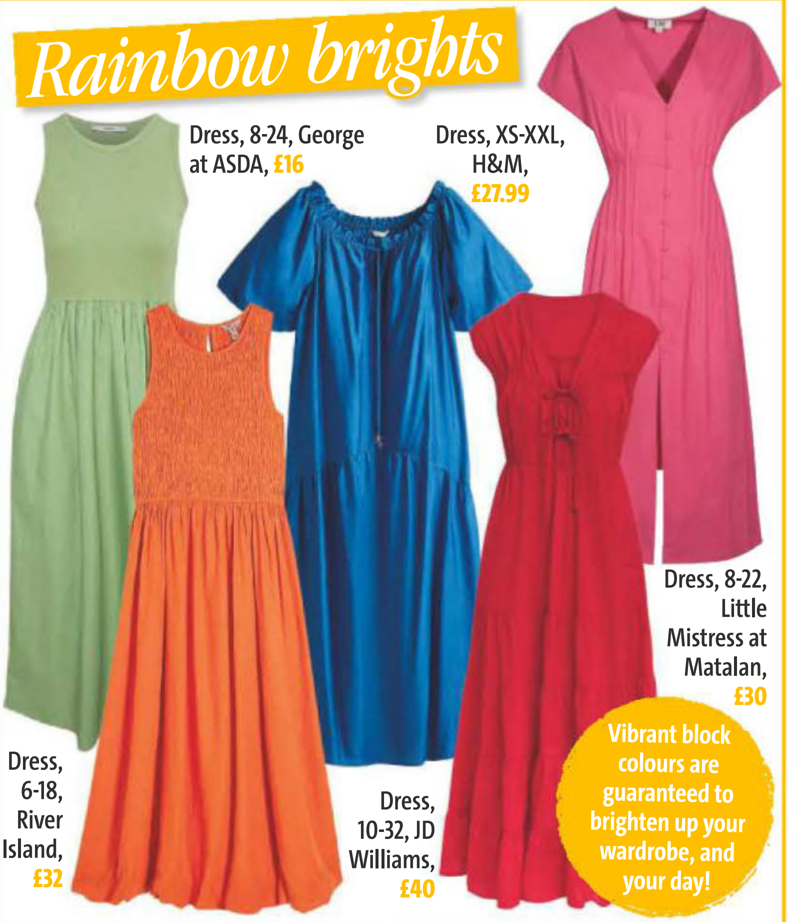
Dress, 6-22, New Look, £45.99

Dress, XS-XL, Reserved, £59.99

Dress, 6-22, Primark, £26

Dress, 6-22, Marks & Spencer, £35

Rainbow brights



Dress, 8-24, George at ASDA, £16

Dress, XS-XXL, H&M, £27.99

Dress, 8-22, Little Mistress at Matalan, £30

Dress, 6-18, River Island, £32

Dress, 10-32, JD Williams, £40

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By Cigdem Tanrioglu

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Oliver Bonas, £24

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Primark, £6

NA-KD, £12.95

Peacocks, £6

River Island, £16

Katie Loxton, £29.99

Oliver Bonas, £22

Aldo, £18

River Island, £16

By Holly Downes, **Pictures** Getty Images

Early signs of

You may have mastered your facial skincare regime, but are you looking after these other areas too?

Target 'turkey' neck

Often caused by only applying facial SPF and skincare serums as far as the jawline, neck creases and jowls can be tricky to treat. Dedicated neck creams, such as **This Works Perfect Cleavage and Neck Serum, £36**, can help to restore tone to the skin, but be careful to apply in firm, upward strokes, to avoid pulling the skin downwards. Apply broad-spectrum SPF to your neck every day to protect against further UVA damage, while a massage tool can help stimulate the tissues to help plump lines and tighten slack skin. Try **Nivea Sun 2-in-1 Primer Daily UV Serum SPF50+, £14.50**, which helps to smooth lines and creases as it protects, and **Revolution Beauty Jade Gua Sha, £10**.

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Apply products in upward strokes

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UVA UVB
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30ml

perfect cleavage & neck serum
A perfect blend of Marine Algae, Hyaluronic Acid and nourishing botanical oils
thisworks
150ml e 5 fl oz

Smooth crêpey cleavage

As the weather warms up, be wary of exposing usually covered areas, such as the chest and décolletage, without adequate sun protection. Also, don't be fooled into thinking this area can handle a good scrub – the skin on the chest is thin and delicate. Instead, use a gentle cleanser, such as **Cetaphil Gentle Skin Cleanser, £10.50**, and apply with your fingertips before rinsing. Exfoliate twice a week with a liquid exfoliator, such as **e.l.f. Holy Hydration! Gentle Peeling Exfoliant, £10**, and moisturise daily. **The INKEY List Exosome Hydro-Glow Complex, £20**, can help hydrate skin and target stubborn wrinkles. For a quirky fix, there's anecdotal evidence that reusable silicone pads worn overnight help to improve skin texture, as they trap moisture and help to prevent compression-induced wrinkling while you sleep. Try **SilcSkin's Decollette Pad, £31**.

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DECOLLETTE PAD

ageing

Soften discoloured joints

Knees and elbows can become dry, wrinkled and appear dark, as cell turnover slows with age and dead skin builds up and becomes thick and discoloured. Naturally depleting collagen levels can cause skin to sag, as the skin over these joints is constantly stretched and contracted. To help reduce this, use AHA-based exfoliants to dissolve the 'glue' between skin cells and help them to shed faster. Try **Q+A's AHA Exfoliator Body Scrub, £8**, and don't be scared of over-using – the skin here is tough. Address dryness with a moisturiser that contains a minimum of 10% urea, such as **Eucerin UreaRepair Moisturising Lotion, £18.50**. Finally, tackle wrinkles with collagen-boosting peptides. **Nip + Fab Peptide Fix Finishing Oil, £29.95**, is designed for facial skin but you can double up and apply it to knees and elbows too.

Exfoliate to buff away dead cells

Help dry hands

A good hand care regime can help to reverse some age-related damage and adopting some sensible habits can prevent it from getting worse. Firstly, keep hands well moisturised to eliminate dryness and plump up fine lines. We like **L'Occitane Shea Intensive Hand Balm, from £19**. For an intense hit of hydration, try slathering it on and wearing gloves overnight. Serums designed to target dark spots and pigmentation, such as **The Ordinary Alpha Arbutin 2% + HA, £10.50**, can help tackle uneven skintone, but daily SPF is essential, too. **Hello Sunday's SPF30 Hand Cream, £10**, is a good buy. Finally, get into the habit of wearing gloves when cleaning or washing up, as prolonged exposure to chemical-based products or soapy water can irritate skin and cause it to become dry, red or even cracked.

Keep hands moisturised and protected

By Jo Chapman **Pictures** Adobe Stock

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Our Lives

'Mum, is it really you?'

I'd spent a childhood believing Mum had abandoned me. Then one day, Dad sat me down, and I learnt the shocking truth... By Helen Danso, 44

'I've missed you so much'

DISCOVERED YOUR LONG-LOST FAMILY?

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T&Cs APPLY

Helen Danso grew up believing her mum had abandoned her, until her dad revealed he'd kidnapped her from their home in Ghana and brought her to the UK. After his death, Helen finally spoke to her mother, who'd spent years trying to find her. Sadly, her mum died before they could meet, but Helen forged an amazing connection with the family she'd been stolen from.

Helen used The Story People to share her family reunion story, and you can too.

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Pout perfectors

Dry, thinning, or in need of definition? This lip line-up has got it all

Line & define

A clever twist on the humble lip liner, Charlotte Tilbury's new launch is a total game changer. One end contours with a deeper shade, while the other fills in with a lighter tone. Together, they create the illusion of fuller, more defined lips without dryness. **Charlotte Tilbury Lip Cheat Contour Duo,** £26

Soften up

Lips looking a little lacklustre? This strawberry-scented balm helps to bring them back to life with a sheer hint of pink and a soft, dewy finish. Infused with shea butter and jojoba, it melts in effortlessly to hydrate and smooth. One swipe, and you're good to go. **e.l.f. Glow Reviver Melting Lip Balm,** £9

Gloop-free gloss

MAC Lipglass Air provides the mirror-like shine of a classic gloss, minus the dreaded stickiness. It's plush, lightweight and feels almost cushiony on the lips – perfect for anyone who wants to add a sheen to their look. **MAC Lipglass Air,** £23

Shimmer & shine

A balm, gloss and oil in one – this handbag hero is as indulgent as it sounds. With a glossy but not greasy finish, it leaves lips looking juicy. Plus, the subtle pink tint flatters all skin tones. **Fenty Beauty Gloss Bomb Oil in FU$$Y,** £21

Smooth operator

If your lipstick tends to flake, your lips might be crying out for a little TLC. Enter this scrub, which gently buffs away dryness using real sugar crystals, while rose oil soothes and softens. Use once or twice a week to keep your pout silky smooth. **Milani Rose Sugar Lip Scrub,** £10.50

Long-lasting colour

Revlon's liquid lipstick creates a soft-focus finish that doesn't feel dry or heavy. It sets quickly, resists smudging and won't budge throughout the day. Plus, the velvet texture feels way more luxurious than the price suggests. **Revlon Colorstay Limitless Matte Liquid Lipstick,** £10.99

Keep it light

Not a fan of heavy lipsticks? Try Merit's Signature Lip. The satin-finish formula helps to deliver buildable colour in a barely-there texture. We love the shade Millennial: a muted rosy-pink that's flattering, fresh and ideal for every day wear. **Merit Signature Lip in Millennial,** £23

Boost volume

If you want a fuller pout without the filler, this plumping gloss-balm hybrid is a must. It tingles ever so slightly on contact, then goes to work, making your lips look visibly fuller. It's packed with hydrating oils, too. **Too Faced Lip Injection Extreme Plumping Clicks,** £25

By Emma Hawkins

QUIT DIETING FOR GOOD

How to avoid self-sabotage and transform your relationship with food

Sandra Roycroft-Davis

If you're caught in a diet/fail/repeat cycle the chances are high you're a weight-loss self-saboteur! The groundbreaking new book *The Weight's Over – Take Back Control*, by leading UK behavioural change and weight-loss specialist Sandra Roycroft-Davis, reveals that eight out of 10 dieters sabotage their weight-loss attempts (whether consciously or subconsciously). Sandra tells us, 'Self-sabotage is the biggest problem when it comes to weight management. However, the good news is you can get it under control – you just need a reality check to realise you can do it, and help to access how.'

Follow our effective plan, based on Sandra's knowhow and advice from her book, to help you understand the hows and whys of this common issue – and try five of her key steps to help you achieve the healthier, slimmer body you deserve, while developing a nourishing, joyful food connection.

Are you a weight-loss saboteur?

Sandra says there are several reasons this can so easily happen to anyone, and can hold you back from reaching your dream weight goal. Do you recognise the following?

● FEAR OF FAILURE
If you think you'll fail at a diet it can prevent you from taking the necessary steps needed to reach weight-loss goals.

● UNREALISTIC GOALS
Aiming to lose loads of weight quickly can be unachievable. We need to set achievable goals, such as losing a pound a week.

● WAITING FOR THE PERFECT MOMENT
Many of us 'fall off the wagon' when it comes to dieting after around four to five weeks. We then say we'll start again on Monday, or after a special event, like a birthday party, putting weight-loss on hold and not facing the reality that diets don't work long-term.

● LACK OF COPING MECHANISMS FOR EMOTIONAL EATING AND STRESS
Using food to deal with these will blitz your weight-loss efforts.

● INGRAINED HABITS
70% of what we do in our daily lives is habitual. For example, if you always have a biscuit with your afternoon cuppa this connection will be strong.

● OBSESSION WITH FOOD
In Sandra's study of 4000 reformed dieters, 81% said they were previously obsessed with food. In fact, research shows women think about food 200 times a day!

● INNER CRITIC
You have constant inner negative chatter like, 'This diet is not working', or 'I'm never going to get healthier and into shape.'

Why it's holding you back

'People who spend their lives on and off a diet will simply stop believing they will ever be able to do anything long-term about their weight. This can wreak havoc on self-image, self-confidence, self-esteem, and make you feel frustrated,' says Roycroft-Davis. Not to mention that constant yo-yo dieting can impact your metabolism, and being overweight can have negative health consequences. She also points out that perpetual dieting means food is at the front of your mind all the time. Thinking about what you can or can't have is exhausting. If you can make changes to stop your self-sabotage, you can gain a healthier relationship with food and your body.

5 steps to seize control

Here are five of Sandra's key ways to help you stop being a weight-loss saboteur, and in return open the pathways to slimming freedom and food positivity.

Step 1: Be aware of the self-sabotage

'Once you become conscious of the fact that you're a self-saboteur it'll help stop automatic behaviours. This is the wake-up call you need to help you realise you don't need to be at the mercy of your habits, of which self-sabotage is the biggest,' says Roycroft-Davis. Particularly be aware of food-related habits, and times you emotionally overeat. At the core of habit formation is the habit loop, which consists of a trigger, a behaviour and the reward. When you do something that leads to a reward your brain releases the chemical dopamine, which creates a sense of pleasure and reinforces the habit loop, making it more likely you'll keep on repeating this behaviour.

To help you break a habit, firstly recognise the trigger, perhaps a specific time of day, emotion or environment, then alter the reward for a healthier one. Ensure this new behaviour gives a satisfying outcome to help solidify it into a new habit. For example, if stress (trigger) leads you to snack on junk food (routine), you might want to replace it with a brief walk or deep-breathing exercise (new routine), that still offers stress relief (reward).

Continued over the page...

Step 2: Reset your brain

'The reticular activating system (RAS), an untapped part of your brain that automatically filters out things that are important and unimportant, is so powerful. If you can reset and retrain it, it can really change your life and help you to reach your goals,' says Roycroft-Davis.

'To understand how it works, think about buying a new red car. Suddenly all you'll notice around you is shiny red cars, other colours will fade into the background. Your RAS has filtered out anything not about this new subject. The RAS loves goals, give it positive thoughts and it'll create neural pathways to lead you towards positive outcomes! For example, tell it "I can lose weight, and I will lose weight" and "I love exercise, and I will do it three times a week". Your RAS enjoys clear, precise guidelines, try writing them down as well as saying them out loud or in your head.'

Step 3: Identify your weight goal 'why'

Identifying a compelling reason for your weight-loss goal, what Roycroft-Davis calls 'The Big Why', is crucial to help you achieve it. It has to evoke emotion and be meaningful to you, like improving your health after a doctor's warning or wearing a special dress for an event. Visualise yourself at the end of your weight-loss journey, feeling healthier and playing energetically with your children or grandchildren or wearing that dress.

These vivid mental images will create a strong connection with your goal, and your subconscious mind (which can't identify between reality and imagination) will start to accept it as a fact… which will make you more likely to achieve it. Identify fully with the person you will be once you achieve the goal. Imagine yourself in the future and ask, 'How will I feel when I'm healthier and slimmer, how will I behave, what will I eat, what will I wear?'. By embodying the identify of your future self, you'll reinforce the behaviours and mindset you'll need to reach this goal.

Step 4: Balance your locus of control

'Locus of control refers to the degree to which individuals believe they have control over events that affect their lives. If you have an external locus of control (EXLOC) you may feel your life is controlled by external forces, such as luck, fate, other people or events, and therefore you have little influence over what happens to you. Whereas people with an internal locus of control (ILOC) believe they are masters of their own fate, with successes and failures a result of their own actions, decisions and efforts,' says Roycroft-Davis.

Following a diet can exacerbate an EXLOC as it implies that the success comes from the diet, rather than the individual's efforts – and can cause a sense of powerlessness when the diet inevitably fails. Don't despair, simply aim to cultivate an ILOC by using conscious effort and practice. You need to recognise your power to influence your life and make small positive changes, set realistic goals (see left), and always think positively about what is possible – 'I can find a way!'

Step 5: Get a growth mindset

'Do you think you can change? The psychological theory of mindset concept – whether you have a fixed or growth mindset – provides profound insight into how our beliefs about our abilities influence our behaviour and success,' says Roycroft-Davis.

If you have a fixed mindset, you'll assume your ability to lose weight or change your eating habits are inherently static. You tend to avoid challenges, give up easily, see effort as fruitless and may be reluctant to try new healthier ways of eating or exercising because of past failures. This can make you feel hopeless and sustainable weight-loss seem unattainable.

If you have a growth mindset, you'll thrive on challenges and will see any failures as a chance for growth and an opportunity to learn. You'll be more likely to experiment with different weight-loss strategies and keep pushing forward despite difficulties.

To help you go from a fixed to a growth mindset you need to stop thinking about proving yourself to the scales and instead focus on improving yourself. Aim to learn, grow and thrive and believe in your capacity to change and embrace life's ups and downs to unlock the true potential for success. Celebrate your weight-loss efforts, not just the results, which could be applauding yourself for having healthier meals and moving more.

● *For more helpful information and advice, check out Sandra's book – info below.*

WIN THE BOOK!

THE WEIGHT'S OVER
TAKE BACK CONTROL
Sandra Roycroft-Davis

The Weight's Over – Take Back Control **by Sandra Roycroft-Davis (Yellow Kite, £16.99) is not just about weight-loss, but about reclaiming control over your mind, body and life.**

It's a journey of self-discovery and empowerment to help you break free from unhealthy patterns, overcome emotional eating, and develop a mindset rooted in self-compassion. Sandra is also the award-winning creator of the medically endorsed Slimpod programme, designed to retrain your brain to lose weight and keep it off (thinkingslimmer.com). We've got seven copies of the book up for grabs. For you chance to win one, enter at bellamagazine.co.uk/competitions by 10 June 2025.

By Julia Smurthwaite **Pictures** Shutterstock, Getty

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

This week we're...

Keep up-to-date with the latest trends in the foodie world

REALLY CREAMY
RASPBERRY PAVLOVA
ICE CREAM
900ml
by ASDA

EXTRA SPECIAL

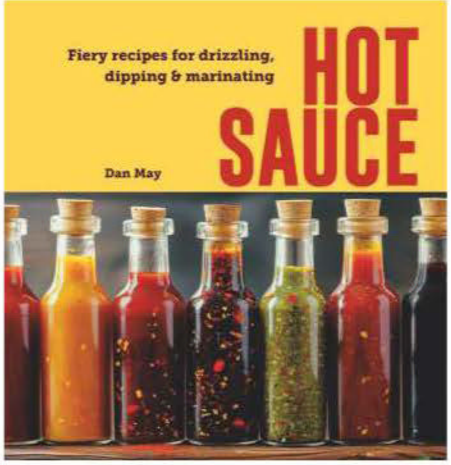
TRENDING...

Combining the Brits' love of vino and ice cream, wine expert Sophia Longhi (@skinandpulp) has teamed up with Asda to create the ultimate warm weather drink – a wine affogato! Simply pour 50ml of Asda's Extra Special Notre-Dame des Anges (**£9.98**), over a generous scoop of Raspberry Pavlova Ice Cream (**£2.18**/900ml), then top with mixed berries – delicious!

LUCHITO
TORTILLA CHIPS

COOKING...

According to science, Mexican is the most mood-boosting food in the world, with dishes containing serotonin-boosting ingredients such as avocados, tomatoes and beans. This flavourful range from Gran Luchito includes chips, taco wraps and salsas and is perfect for a Mexican summer feast. Available at Waitrose, Sainsbury's and Tesco, from **£1.95**.


Fiery recipes for drizzling, dipping & marinating
HOT SAUCE
Dan May

READING...

With the hot sauce industry exploding, why not try making your own? With recipes for fiery sauces, marinades and rubs, *Hot Sauce* by Dan May (Rylands Peters and Small, **£9.99**), showcases offerings from around the globe, from the perfect bravas sauce to an authentic harissa paste. We think it would make an ideal present for Father's Day on 15 June. From Amazon and other bookshops.

SNACKING...

Raise Nut Clusters are perfect for healthier snacking. Containing less than 5g of sugar and more than 4g of protein per pack, the clusters help keep you fuller for longer and will boost your mood and energy. Available in Coconut & Almond and Raspberry flavours. From Sainsbury's, RRP **£1.79**/35g.

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RAISE

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VODKASHAKE
STRAWBERRY
BANANA
DAIRY FREE

DRINKING...

Lacey's Vodkashake cream liqueurs can be served as chilled mini shots or made into boozy milkshakes, and cocktails – perfect for alfresco drinking. Simply add a shot to ice cream and milk, then blend and top with whipped cream, or add to a shot glass and top with cream and a cherry. From B&M stores. **£12**/750ml.

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ORGANIC SUPERFOOD BLEND
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Rheal Clean Greens Sachets provide your daily super-greens fix in one convenient dose. Bursting with seven superfoods, including chlorella, wheatgrass, spirinula and pineapple, add to water, smoothies, juice or salads. Cheaper than any green juice on the high street. From Ocado.com **£7.50**/10.

By Hayley Merrick **Photos** Ryland Peters and Small

Fire up the BBQ

Tom Kerridge has shared these crowd pleasers for you to enjoy this barbecue season

Dry-rub buffalo chicken wings

Serves 6 Takes 20min, plus brining and marinating

- 16 large chicken wings (1.5kg in total), tips removed and jointed
- 200g table salt
- 10 black peppercorns
- 4 bay leaves
- 2tbsp light olive oil

FOR THE DRY RUB

- 1tsp chilli powder
- ½tsp cayenne powder
- 1tsp sweet smoked paprika
- 2tsp garlic powder
- 1tsp onion powder
- 1tsp ground cumin
- 1tsp dried thyme leaves

FOR THE RANCH DRESSING

- 3 heaped tbsp soured cream
- 3 heaped tbsp mayonnaise
- ½ garlic clove, finely grated
- 3 dashes of Worcestershire sauce
- 1tsp white wine vinegar
- 1tsp mild American mustard
- 1tbsp finely chopped dill
- 1tbsp finely chopped chives
- Salt and freshly ground pepper
- Hot sauce and celery sticks, to serve

1 First brine the chicken. Pour 2ltr water into a large bowl, add the table salt and whisk to dissolve, then add the black peppercorns and bay leaves. Immerse the chicken wings in the brine and place in the fridge for 2hr.

2 Remove the chicken wings from the brine and pat them dry with kitchen paper.

3 For the dry rub, mix all the ingredients together in a bowl. Drizzle both sides of the chicken wings with the olive oil and sprinkle with the dry rub to coat the wings evenly all over. Cover and leave to marinate in the fridge for at least 30min, ideally 2-3hr.

4 For the ranch dressing, mix all the ingredients together in a bowl, seasoning with salt and pepper to taste.

5 When you're ready to cook, place the chicken wings on a hot barbecue in a single layer, making sure you have an area with some indirect heat to move them to, as and when you need a lower heat. Cook for 10-12min until the wings are nicely browned on each side, turning regularly. Serve with the ranch dressing on the side for dipping. Accompany with your favourite hot sauce and some crunchy celery sticks.

Thai beef & lemongrass skewers

Makes *12* ***Takes*** *15-20min, plus marinating*

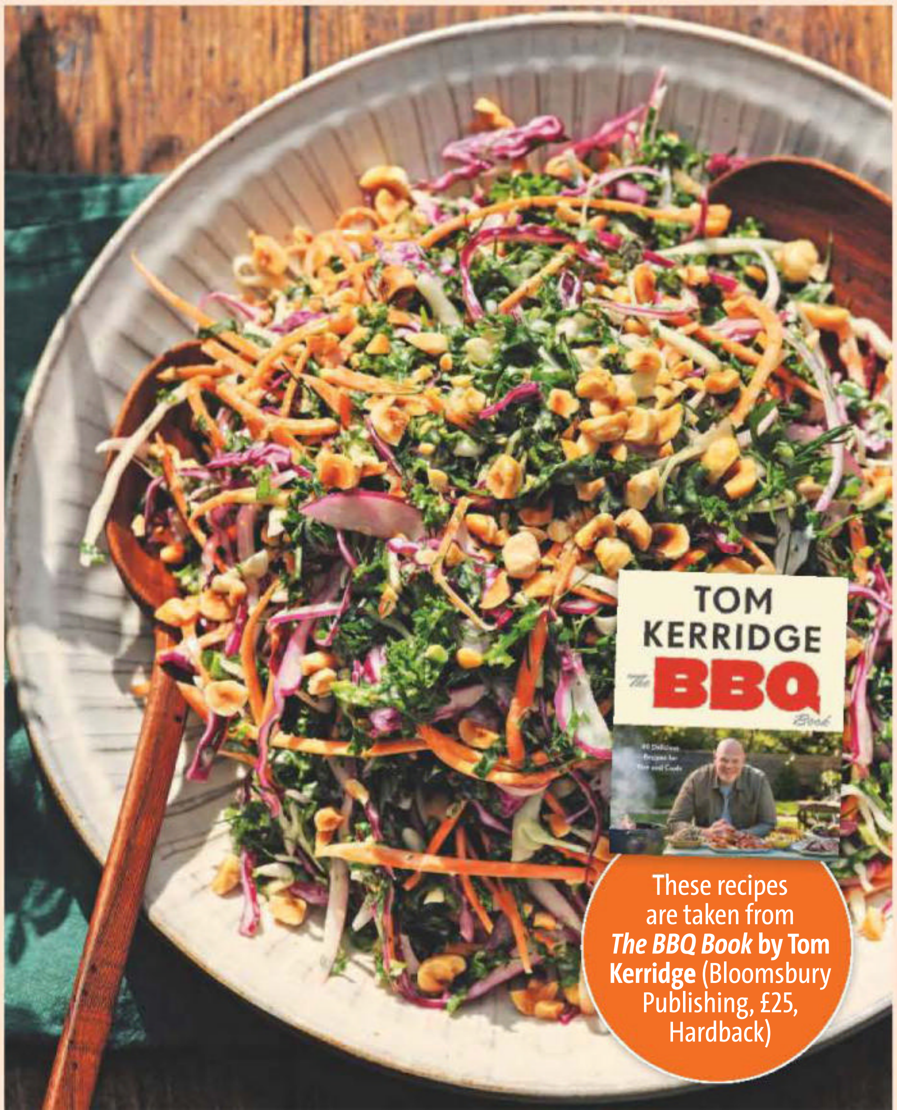
- **750g skirt steak, cut into 2cm pieces**
- **2 lemongrass stalks**
- **A small handful of coriander (including stalks)**
- **1 banana shallot, quartered**
- **4 kaffir lime leaves, stems removed**
- **3 garlic cloves, peeled**
- **3tbsp fish sauce**
- **2tsp soft light brown sugar**
- **Juice of 1 lime**
- **1tbsp vegetable oil**
- **1tbsp chopped coriander, red bird's eye chillies and finely sliced lime wedges, to serve**

1 *Place the pieces of beef in a large bowl.*

2 *Remove the harder outer leaves from the lemongrass stalks then roughly slice the tender stems. Put the lemongrass into a mini food processor and add the coriander, shallot, lime leaves, garlic, fish sauce, brown sugar, lime juice and oil. Blend to a smooth purée. Pour over the beef and mix well. Leave to marinate for at least 1hr, ideally 2-3hr.*

3 *At the same time, soak 12 short wooden skewers in cold water (to prevent them scorching on the barbecue).*

4 *When you are ready to cook, thread the beef onto the pre-soaked wooden skewers. Place the skewers on the hottest part of your barbecue and cook for 4-5min, turning regularly, until the beef is well browned on all sides but still pink and juicy inside. Transfer to a serving platter and scatter over the chopped coriander and sliced chillies. Serve with lime wedges.*



These recipes are taken from ***The BBQ Book* by Tom Kerridge** (Bloomsbury Publishing, £25, Hardback)

Creamy kale slaw with hazelnuts

Serves *6 as a side*
Takes *15-20min*

- **250g bunch of curly kale, stems removed and leaves shredded**
- **3tbsp white wine vinegar**
- **¼ red cabbage (150g), finely shredded**
- **¼ white cabbage (150g), finely shredded**
- **2 large carrots, cut into fine Julienne strips**
- **1 large red onion, halved and thinly sliced**
- **A large handful of flat-leaf parsley, roughly chopped**
- **A large handful of dill, roughly chopped**
- **100g toasted hazelnuts, roughly chopped**
- **Salt and freshly ground pepper**

FOR THE DRESSING

- **100ml soured cream**
- **100ml natural yogurt**
- **2tsp Dijon mustard**
- **2tbsp extra virgin olive oil**
- **Juice of 1 lemon**

1 *Place the kale in a large bowl. Trickle over the wine vinegar and sprinkle lightly with salt. Massage the leaves with your hands for 2min to tenderise the kale.*

2 *Immerse the cabbage in a bowl of iced water for 5min or so to crisp up. Then add the carrot to the kale with the sliced onion and chopped herbs.*

3 *Drain the cabbage thoroughly in a colander and pat dry with a clean tea towel. Add the cabbage to the other veg.*

4 *For the dressing, put all the ingredients into a bowl and season with salt and pepper. Whisk together to combine. Pour the dressing over the kale slaw and mix well until everything is evenly coated. Add three-quarters of the toasted hazelnuts and mix through. Transfer the slaw to a serving bowl, scatter over the remaining toasted hazelnuts and serve.*

By Hayley Merrick **Recipes** Tom Kerridge **Pictures** Cristian Barnett

From disrupting hormones to weakening heart muscles, relationship breakdowns can impact on our health

Heal from heartbreak

When we think of heartbreak, we tend to imagine the emotional fallout. However, experts say its physical impact, which is often overlooked, is real, too.

According to hormone health expert Mike Kocsis (balancemyhormones.co.uk), heartbreak is a tangible experience that can have physical consequences on the body, from disrupting the endocrine system to causing real heart problems.

Heartbreak can make us reach for the drink

For Lily Allen, who split from husband David Harbour in December, those consequences included panic attacks, and she checked herself into a residential trauma clinic to become 'physically well again'.

Whether you're facing your own relationship struggles or looking to support your emotional health, Kocsis unpacks the physiological effects of heartbreak, explains the science behind 'broken heart syndrome', and shares actionable tips to manage overall wellbeing after emotional stress.

Cope with chronic stress

Kocsis likens heartbreak to stress and explains, 'When we go through stress, our bodies activate the "fight or flight" response to deal with it, where the sympathetic nervous system releases the hormones adrenocorticotropic and corticotropin. The hormones' sudden release causes the pituitary and adrenal gland to release adrenaline with the stress hormone cortisol. As these hormones make their way around the body, it results in a rapid heart rate, spike in blood pressure and shortness of breath.

'Cortisol regulates your body's stress responses, helping you to be on high alert and able to respond to danger. However, if you experience chronic stress, like going through heartbreak, your cortisol levels will constantly be heightened, and this can cause difficult sleeping, a weakened immune system, and overthinking.'

'People who have gone through heartbreak are likely to drink more than usual'

Deal with depression

When Lily Allen spoke of her struggles, she said, 'I've been spiralling and spiralling… I can't concentrate on anything except the pain I'm going through.'

As Kocsis further explains the effect heartbreak has on hormones, Lily's experience resonates. He says, 'Cortisol can affect your prefrontal cortex, which is the part of the brain responsible for critical thinking and emotional regulation,

Lily Allen's break-up caused her pain

Hormonal shifts can trigger overthinking

making it harder to put your negative thoughts and overthinking into perspective. This can lead to obsessive thoughts, make you keep replaying the break-up in your mind, and make it difficult to move on.

'Oxytocin is known as the "love hormone" – it is the hormone your brain emits when you're bonding with your friends or falling in love and promotes feelings of trust and calmness. But oxytocin can intensify memories, especially stressful ones and, like cortisol, oxytocin can strengthen that memory and make you more likely to replay it in your mind and ruminate on the negativity.'

While the increase of some hormones shifts your perspective and mood, the loss or decrease of others, especially the 'happy hormones' dopamine and serotonin, can change how we feel, too.

'Dopamine and serotonin are neurotransmitters that are associated with pleasure, reward and happiness, and are often associated with oxytocin and romantic love,' adds Kocsis. 'After a break-up, the brain's supply of these neurotransmitters is lost, leading to neurological withdrawal, which can make us feel depressed, anxious and isolated – and research suggests that people who have recently gone through heartbreak are likely to drink more and engage in one-night stands, to get a hit of dopamine.'

Help your heart

'Emotional distress during heartbreak can trigger the release of adrenaline, also known as epinephrine,' explains Kocsis. 'This increases the heart rate to deliver more oxygen to the muscles and constricts blood vessels, which increases blood pressure. Elevated adrenaline levels can also exacerbate "broken heart syndrome", by putting additional strain on the heart and can lead to more severe symptoms.'

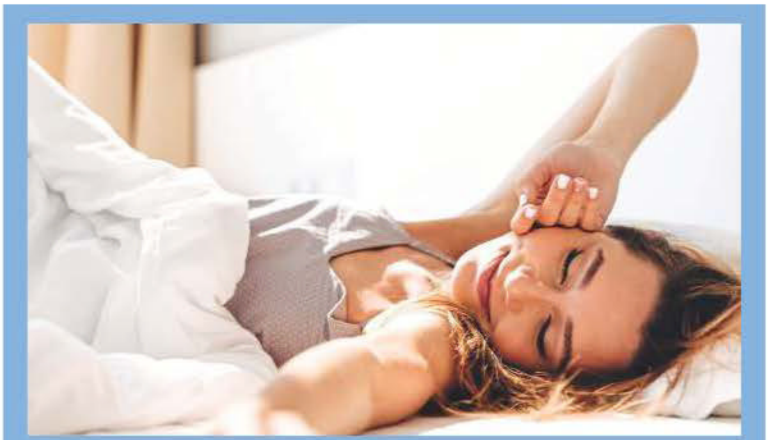
As Kocsis explains, "broken heart syndrome", also known as takotsubo cardiomyopathy, is a real condition. 'This is where the heart suddenly changes shape, weakens, and becomes less able to pump blood effectively,' he says. 'It's triggered by intense emotional or physical stress, like the unexpected death of a loved one, a medical diagnosis, natural disaster, abuse – or heartbreak.

'Broken heart syndrome can be a physical manifestation of the severe emotional distress associated with a break-up; the stress hormones released can temporarily weaken the heart muscle, leading to symptoms similar to a heart attack.

'These include sudden, intense chest pains, shortness of breath, and pressure in the chest, but it's usually temporary, lasting a few days or weeks, and most people recover completely with medication.'

If you're struggling with the physical or emotional fallout of a break-up, Kocsis recommends getting support. 'Talk to your friends and family,' he says. 'Social connections can help reduce stress levels and feelings of isolation, positively affecting your hormonal health. Consider speaking to a therapist, who can provide the tools to cope with the emotional stress you're going through and improve your overall wellbeing.'

> 'The body experiences rapid heart rate, a spike in blood pressure and shortness of breath'



HOW TO HELP YOURSELF

Kocsis shares his top tips for keeping your hormones in check and stopping the spiral.

PRIORITISE SELF-CARE

'Engage in activities that reduce stress and promote relaxation – such as yoga, meditation, deep breathing, and spending time in nature – that can lower cortisol levels, and improve sleep quality, which is important for hormone balance.'

GET ENOUGH SLEEP

'Sleep deprivation can exacerbate stress and disrupt hormone levels further, so aim for seven to nine hours of good sleep each night.'

LIMIT ALCOHOL

'While it might be tempting to reach for a bottle of wine, it probably isn't going to help and it could make you feel worse. Alcohol can stimulate the release of cortisol, making you feel more anxious and depressed and, although it can increase dopamine levels, making you feel more relaxed, this effect is only temporary. Prolonged alcohol abuse can deplete dopamine levels and even decrease your ability to experience pleasure.'

DO SOME GENTLE EXERCISE

'You might not fancy a gym session with a broken heart, but engaging in some gentle exercise is a powerful tool for managing your hormones and improving your overall wellbeing. As well as being a distraction from negative thoughts, exercise can regulate cortisol levels, and stimulate the release of endorphins, which are neurotransmitters that reduce feelings of depression, anxiety and stress.'

By Jo Chapman **Pictures** Adobe Stock, Shutterstock

Pastel Perfection

Sweeten up your home this summer with sugary sorbet shades

A baby-pink sofa adds a soft splash of colour

Ted Baker Highgate velvet grande sofa, £1499; **Ted Baker Highgate velvet cuddler sofa,** £1099, both exclusively at DFS

Candle holder, Oliver Bonas, £12.50

Candles, H&M, £2.99 for two

Side table, La Redoute, £129.99

Vase, Mango Home, £17.99

Cushion, M&S, £19.50

Frame, Habitat, £6

Chair, Urban Outfitters, £399

Tart server, sabre-paris.co.uk, £29

Espresso cups, Oliver Bonas, £28 for four

Butter dish, HAY at royaldesign.co.uk, £35

Cake stand, John Lewis, £30

Jug, Habitat, £15

Mirror, Habitat, £40

Napkins, Anthropologie, £42 for four

Create a sorbet soirée with pastel tableware

Printworks ice cream tools kit at Anthropologie, £50

Plate, £12.99; **Dessert plate,** £9.99; **Placemat,** £15.99; **Glasses,** £9.99 each, all Mango Home

Glass, John Lewis, £9

Lamp, addisonross.com, £125

By Emma White

Win! A HOLIDAY TO KOS

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Ready for a well-deserved break? Thanks to Neutradol, the fresh air specialists with a product for every smelly situation, you and a guest could soon be off to the breathtaking Greek Island of Kos for seven unforgettable nights, worth nearly £2300!

Continental Palace Hotel is set among lush gardens, close to the beach, marina and the historical resort centre of Kos Town. You and a guest will be perfectly positioned for a week in the sun.

Choose from three hotel bars to get your favourite ice-cold tipple. Enjoy exploring the local area and Greek culture or simply take advantage of the impressive hotel pool area to splash the cares away and return home fully refreshed.

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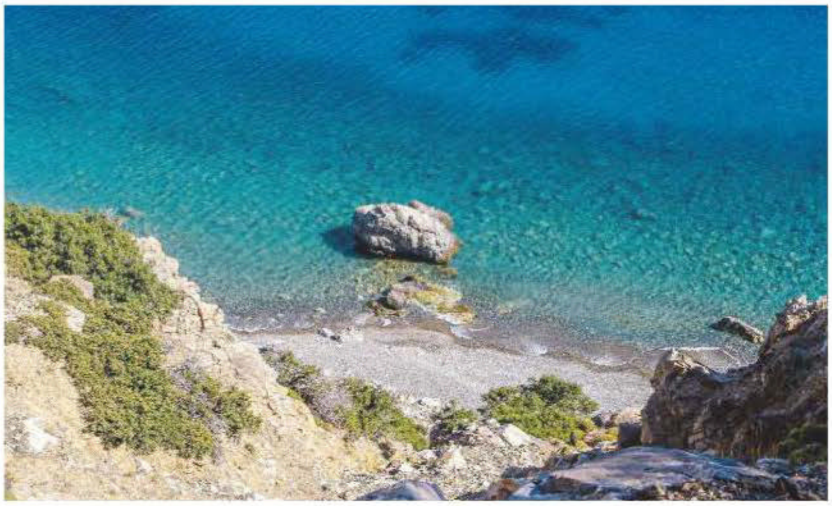
For your carpets, all you need to do is simply shake bestselling

Terms & Conditions: The winner and a guest will receive seven nights' half-board accommodation at the Continental Palace Hotel, Kos Town, Kos. Round trip flights are included and are subject to the airline terms and conditions and do not include optional extras. The holiday must be taken by 31 May 2026 and excludes bank holidays, Easter and the Christmas period and is subject to availability. Prior to departure the winner must purchase comprehensive travel insurance either from the agent supplying the holiday or through their own source.

PRIZE
VALID UP TO
31 MAY
2026



Neutradol Carpet Deodorizer on your carpet then vacuum up any lingering dirt and smells. Using Neutradol's unique deodorizing power, it destroys unpleasant odours.

Safe and hygienic, Neutradol is available in Spray, Gel and Powder, in Original, Super Fresh and Fresh Pink aromas plus Sniff 'n' Purr pet odour destroyer. It keeps killing bacteria long after other air fresheners have stopped hiding odours with unpleasant chemicals.

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Q How many islands is Greece home to?

a) 1000 **b)** 3000 **c)** 6000

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- Phone 0901 133 4417 (UK, Channel Islands and Isle of Man). Calls cost 50p per call plus your network access charge. You must be over 18 and have the bill payer's permission
- Or text BEL21 then a space followed by your name, house number or house name, your postcode, then your answer, all separated by a space, to 65115 eg Jane Smith 10 SL5 9JN Answer. Texts cost 50p each. Keep texts under 160 characters or you may be charged for more than one text. Normal network messaging rates apply.
- Or enter online at Bellamagazine.co.uk
- Closes 9 June 2025 at midnight. Bella competition rules apply.

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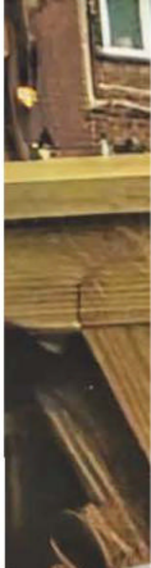


'My sister died – but she saved a baby's life'

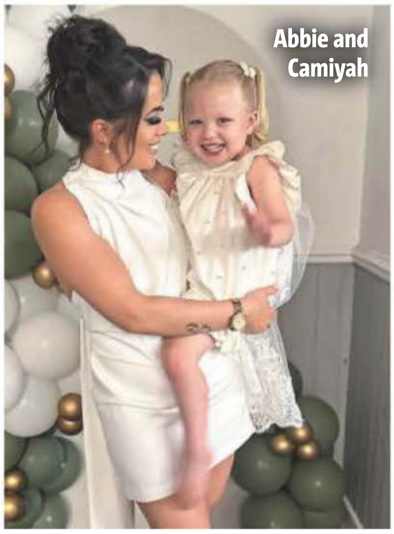
Camiyah before

Gemma Ross, 32, was extremely close to her sister Amy, so, when the worst happened, she and her family knew what they had to do so her legacy lived on

As my phone buzzed, I loaded the app for my video doorbell and spotted my little sister Amy arriving at my home in Devon. It was December 2021 and she was there to look after our dog, Toby, while my husband Mark and I took our kids, Oakley, 12, and Sienna, nine, to visit Harry Potter World as a Christmas treat.

Amy was naturally caring and selfless. I was the oldest of six sisters and Amy was a year younger. But it was Amy who'd taken the role of mother hen when our beloved mum, Rhonda, had died from organ failure after recovering from breast cancer seven years earlier. As well as being an amazing sister, she was a doting auntie to my kids too.

Amy was an amazing sister



Abbie and Camiyah

Later that night, as we drove home from our trip away, Amy texted to say she had taken Toby out and was heading home. 'I don't know what I'd do without her,' I said to Mark.

Then as we neared home on the motorway, my sister Katie called. 'Amy's been in an accident,' she said. The police had told her that Amy was driving back from ours to her home in Torquay when her car suddenly lost power on the motorway. Not seeing her hazard lights, another car had ploughed into the back of her and she was being taken to hospital.

Hanging up, I was in disbelief. Amy had texted me just an hour before. Surely, she would be fine. I imagined we'd be dealing with a broken limb, some bruising maybe. But when we pulled up outside the Royal Devon and Exeter Hospital at 11pm, nothing could prepare me for what was about to unfold.

> 'Amy's been in an accident'

My sister was lying there motionless, hooked up to oxygen and monitors and wires. Her nose was bruised and misshapen, her teeth protruding. And while she'd been cleaned up, dried blood caked her hair. She'd stopped breathing at the scene and, although another motorist had performed CPR and got her heart started again, Amy hadn't regained consciousness.

Dad, Katie and I, along with our younger sisters Sophie, Kelsey and Hayley, sat at her bedside for the next two days. We waited for the movement of her finger, a twitch of her eyelid, anything to show she was coming back to us – but it never came. 'I'm

Amy and Gemma

afraid Amy is brain-stem dead,' a doctor explained after all their tests had been exhausted. There was nothing more they could do.

The news felt impossible. Amy was just 28 – how could she die? As I struggled to take it in, we were approached by another doctor who asked if we would consent to Amy donating her organs. Though we'd never spoken to Amy about organ donation, we knew she wanted to help others. 'It's what she'd want,' we all agreed. Taking turns to file into Amy's hospital room, we all did the unthinkable. 'Goodbye,' I whispered, still unable to believe that she wasn't about to sit up at any moment, laughing and smiling.

Amy was then taken to theatre and her life-support was switched off after the procedure to remove some of her organs. Later, we were told she'd saved two children and two adults, who'd received her liver – which had been divided in two – and her kidneys.

On Christmas day, 10 days after Amy's death, we tried to get through it as a family. But the huge hole in our lives couldn't be ignored. Soon after, Amy was cremated. George Ezra's *Hold My Girl* played to the packed congregation of people she'd loved in her short, impactful life.

Nearly a year after Amy's death, in 2022, Katie messaged. *This is the weirdest thing*, she wrote, before explaining that she had posted a video about Amy on Tik Tok and received a message from a woman called Abbie who thought her daughter, Camiyah, may have been one of the children saved by Amy's liver. Apparently, the dates matched up. 'Abbie says she's sent a letter to the donor's family through the hospital, so I suppose we'll know for sure if it arrives,' Katie said. I shrugged it off, reminding myself that lots of people have organ transplants. Surely that would be too much of a coincidence?

'It's what she'd want'

But that same day, I was on my way out when I spotted an envelope on my doormat. Opening it and seeing a picture of Camiyah, I burst into tears. It was true!

Reading it, I learnt that the little one had been born with a condition called biliary atresia – where the bile ducts don't work properly. Before she'd even reached her first birthday, she had been put on the transplant list. Time had been running out for her when Amy's liver had become available. When the surgeon eventually operated, Camiyah's liver was bright green with the toxins, and surgeons told Abbie they had never operated on anyone so poorly. I messaged Katie, and she got back to Abbie confirming what she'd suspected.

Since then, we have kept in touch with Abbie and we're hoping to meet up with her and Camiyah. It's been amazing to get to know their beautiful little family and see how well Camiyah is doing. In July 2023 she attended the Transplant Games, and Abbie sent us photos of her competing in the obstacle race. It was such a proud moment, knowing she was only here and able to live such a full life because of Amy. In a way, it softened the unimaginable grief.

I'm now urging people to talk about organ donation with their loved ones. We're determined Amy's legacy will live on in other ways as well. We talk about her constantly and we have planted a tree and installed a public bench in her name. We've also raised thousands for the RSPCA and the Royal Devon and Exeter Hospital A&E in her memory. Amy lost her life in a sudden, inexplicable tragedy, but she will never be forgotten – not by us, not by those who loved her, and not by the people whose lives she saved, including little Camiyah. Amy was a true gift to our family and she keeps on giving even now.

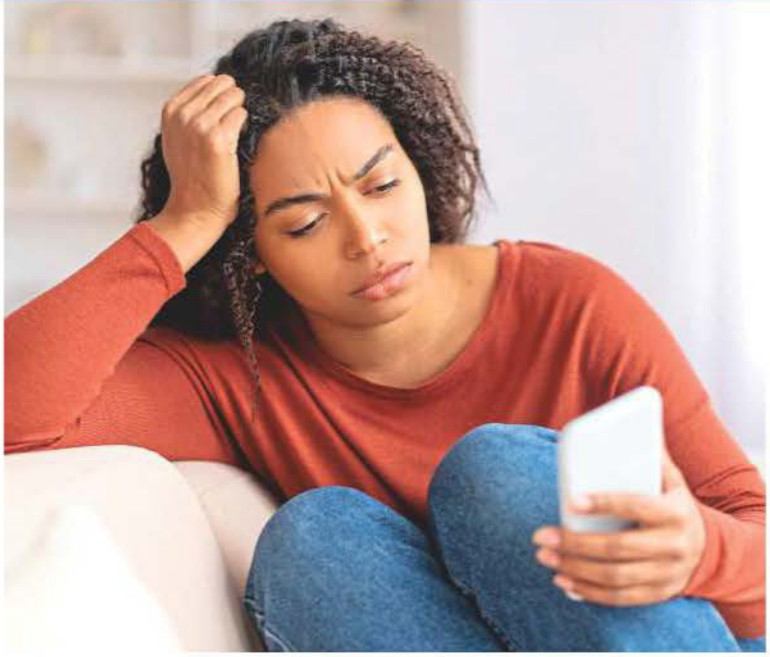
● *Abbie, 25, says, 'The only thing we knew was that Camiyah had been saved by a woman in her 20s, but when I saw that Tik Tok video by chance, I had a gut feeling that it was Camiyah's donor. To be able to get to know Amy through her family is such an honour. Amy's favourite colour was purple, and we always try to dress Camiyah in it as a tribute to Amy. The letters of Amy's name are also in Camiyah, so we feel there is a special connection.'*

By Miyo Padi and Lucy Laing

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

Is this a toxic friendship?



Q My friend and I have been friends for around 15 years. Last year I was diagnosed with breast cancer and at this time my friend was very supportive. I confided in her about my operation, treatment and my insecurities about how I looked afterwards. But we had an issue over her staying at my house and plans she thinks we had made. I can't believe the way she's behaved. She accused me of cancelling arrangements in favour of spending time with my ex. Ghosted me for weeks, texting one-word answers and playing games. Testing me to see if I would meet her by pretending to have a cold, knowing I needed to be careful as my immune system had been comprised after my treatment and generally acting like a possessive partner. I'm angry and upset at the way she's behaved and now she's acting like nothing's happened. I just don't know if I can see a way forward as friends. This started as a misunderstanding but it's how she's dealt with it that I'm finding difficult to deal with. She has texted me since and I just don't know what to say to her.

A The reason that friendships, break down is because people shy away from having difficult conversations. To give feedback to a friend about something that didn't feel nice to you can feel awkward because you don't want to upset them, and you don't know how they'll respond. So, what often happens is we sweep things under the carpet. The trouble is, a growing lump forms and, at some point, we will end up tripping over it. You say in your unedited letter that this friend has a habit of asking to stay with you at the most inconvenient times. So, you feel put out about her coming to stay, but instead of saying, 'No, that's not going to work for me,' you allow her to

My temper is hurting my marriage!

Q My husband is such a kind, goodhearted man. He's everything a person could wish for in a partner. I, on the other hand, am guarded and have a quick temper. We've been married for 14 years and, last week, he told me he needs things to change as he can't face another decade like the one we've just had. This has come as a shock. I know I'm not the easiest person to live with, but I thought his calm nature meant that he wasn't affected by my outbursts. Apparently not. I'm terrified I'm going to lose him.

A You've taken the first step already – accepting that there are things you could do differently, and recognising that your husband has a right to feel the way he does. If you grew up in a family where conflict and tension were ever-present, it may feel normal to you. It's also possible that, as a child, you were upset by the fighting around you, but no one asked you how you felt. So perhaps you've felt the need to be more forceful, because otherwise, you think you won't be heard. What it might be useful for you to understand is that underneath that quick temper is a sad little girl. So, when you feel that fury rising up, ask yourself what you're feeling sad about. Making this shift can be tricky on your own, so if you want to find a qualified therapist, try bacp.co.uk

Should we go without him?

Q My husband has been suffering from terrible anxiety for the past few years and it is affecting his ability to work. He is self-employed so when he doesn't work, there's no money. He always makes excuses about why he doesn't want to take on a job rather than admitting it's because he feels anxious. My job is now bringing in more money, and I'm having to put more in the family pot because he can't afford to. We haven't booked a summer holiday yet because, again, the cost would fall on me. He says we should go without him. Should we?

A It can be especially hard when the person who's struggling isn't owning up to it and makes excuses. I would really encourage him to seek professional help, because if he continues to allow his comfort zone to shrink without challenging it, it will just get smaller. I also think there's a risk that a divide will be created if you and the kids start to do things without him, especially a holiday. So, while I understand that you wish he was

Letters and replies may be edited for length/clarity. **Pictures** Getty, Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

visit. I understand that this is because you are a kind person who doesn't want to upset your friend, but resentment grows every time you have to put your own needs aside and cater to hers. This will create the old 'elephant in the room'. On some level, you both know it's there. Because whether you mean to or not, your resentment will leak out of you in little ways and, as your friend has known you for a long time, she'll pick up on it whether she realises it or not. She wants things to go back to normal, because that's what's always happened. It's time to put your big-girl pants on and have an honest conversation. You do not need to blame her – if you do, she may become defensive. You could own up to the fact that you find it hard to say 'no' and that's on you. It's up to her whether she listens or not, and up to you whether you feel this friendship has run its course if she doesn't.

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able to put in his fair share, I would encourage you to book the holiday for all of you. Firstly, it means he won't feel judged, but also because it will force him to push through his anxiety.

Do you suffer from anxiety?
0906 652 5070
Getting over depression?
0906 652 5076
Bereavement
0906 652 5077
Impotence
0906 652 5078
Relationship breakdown
0906 652 5079

BELLA ADVICE LINES

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers **For the week 27 May – 2 June**

CANCER
22 June – 23 July

After a slightly bleak beginning to the week, when you feel burdened by responsibility and other people's expectations, you soon bounce back. Take an inventive look at the future on the 30th, particularly if you want to welcome in some changes.

Theme of the week: The main criteria

☎ 0906 650 7233

LEO
24 July – 23 August

Friends and other kindred spirits have a tremendous influence on you this week. It's a great time to meet new people and make some long-term plans. You have a long to-do list on the 1st but you'll soon realise that you can't get it all done at once.

Theme of the week: Inspiration

☎ 0906 650 7234

VIRGO
24 August – 23 September

Carry on the good work from last week by continuing to promote yourself or do some useful networking. This is your chance to bask in the spotlight and show what you're capable of. On the 2nd you're most successful when left to do things at your own pace.

Theme of the week: Attainments

☎ 0906 650 7235

LIBRA
24 September – 23 October

Give free rein to your thoughts early in the week. You're mulling over serious and in-depth topics and, ideally, you'd like to discuss them with someone who appreciates your ideas. You could learn a lot from each other.

Theme of the week: Being considerate

☎ 0906 650 7236

SCORPIO
24 October – 22 November

You mean business midweek, when you're determined to get ahead. You need to tread carefully on the 31st to avoid stirring up opposition or triggering a power clash with someone who's never an easy opponent.

Theme of the week: Motivation

☎ 0906 650 7237

SAGITTARIUS
23 November – 21 December

The more energy you put into your partnerships right now, the more you'll get out of them. Don't be shy about making amends or apologising, if that seems appropriate, and dare to make the first move if you'd like to know someone better.

Theme of the week: Teamwork

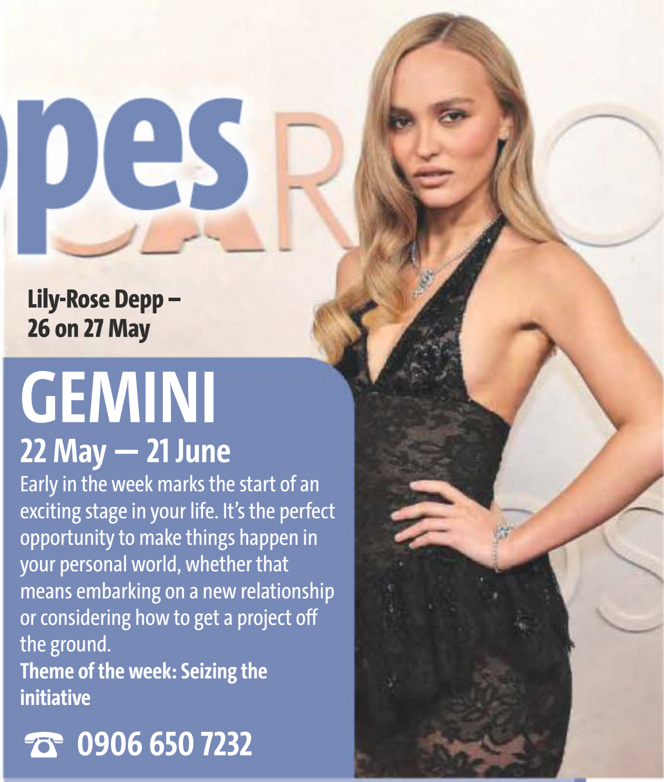
☎ 0906 650 7238

CAPRICORN
22 December – 20 January

It feels as though there's an emotional breach between you and a loved one at the start of the week. Overcoming this requires effort but it will pay off. Pay close attention to small details on the 31st as they could spell the difference between success and failure.

Theme of the week: Act sensibly

☎ 0906 650 7239



Lily-Rose Depp – 26 on 27 May

GEMINI
22 May – 21 June

Early in the week marks the start of an exciting stage in your life. It's the perfect opportunity to make things happen in your personal world, whether that means embarking on a new relationship or considering how to get a project off the ground.

Theme of the week: Seizing the initiative

☎ 0906 650 7232

AQUARIUS
21 January – 19 February

After a dip in your energy levels early in the week, you'll benefit from paying attention to your day-to-day activities and habits. Do they stimulate or deplete you? If something feels stale, consider how to liven it up on the 30th.

Theme of the week: Positivity

☎ 0906 650 7240

PISCES
20 February – 20 March

Does your home need a little extra sparkle? Would you like to improve your family connections? Whatever is needed on the domestic front, now's the time to swing into action. It's better to take things gently rather than try to solve every problem at once.

Theme of the week: Forgiveness

☎ 0906 650 7241

ARIES
21 March – 20 April

It's a great week for staying active and being interested in what's going on around you. The 30th is especially good for taking off on a short journey, or maybe you'll prefer to have a fun-filled catch-up with a friend. You're gripped by forceful emotions on the 1st.

Theme of the week: Curiosity

☎ 0906 650 7230

TAURUS
21 April – 21 May

You're hesitant and unsure of yourself at the start of the week, preferring to keep a low profile so you can avoid anyone who's proving difficult to handle. Worries are never far away but brooding over them will simply make them worse.

Theme of the week: Values

☎ 0906 650 7231

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm).

Pet-friendly seaside stays

Here's our pick of the best coastal breaks to enjoy with your pooch

THE ALDEBURGH BEACH SOUTH LOOKOUT

Top-notch food in Suffolk

The Suffolk Hotel, on the coast at Aldeburgh, welcomes dogs in two of its rooms and serves the most delicious food from mainly local suppliers and producers. The restaurant is run by head chef Luke Truelove and the menu is largely fish and seafood. Rooms are simple although beautifully furnished and, after a tasty dinner, an overnight stay feels like a real treat. On a sunny day we suggest ordering a glass of pink on the fabulous roof terrace. The hotel is right in the centre of the swish, colourful high street, which makes for a lovely stroll with the dog and there are lots of pooch-friendly pubs to enjoy. We can recommend a visit to Fishers Gin distillery, which is close by.

- **Rooms cost from £180 per night including breakfast at the-suffolk.co.uk**

Go for a dip

Be treated like royalty on the Isle of Wight

Luccombe Manor Country House Hotel in Shanklin is doggy heaven. It's set right above a dog-friendly beach – perfect for when they want to cool off in the sea. Dog beds and blankets are provided and there is a doggy dining room so your furry friend can join you at breakfast and dinner. There's also a shop with treats, and a wash station. Directly opposite is leafy Rylstone Gardens for early-morning walkies and there are plenty of walks close by, so you can even leave the car at home. Wightlink IOW Ferries offers a dog-friendly lounge for the crossing.

- **Double rooms cost from £90 a night plus £15 per night for the dog at luccombemanor.co.uk**

Enjoy the freedom

Dog-friendly beaches in Jersey

From May through to September, your canine companions are allowed on all 24 of Jersey's beautiful beaches, although they must be kept on a lead between the hours of 10.30am and 6pm. Visitors from the British Isles don't require passports – or pet passports – to visit Jersey. The Ommaroo Hotel in the capital St Helier welcomes dogs in rooms that lead directly out to the hotel gardens. This is one of Jersey's oldest and best-loved hotels and is located right in front of Havre de Pas, a sunny, sheltered, south-facing beach, which also has a popular swimming lido.

- **Rooms start from £112 per night. Visit ommaroo.com**

Sandy strolls in Aberdeen

With its fresh sea air and stunning views across the North Sea, Aberdeen beach is a paradise for dogs who love to run on the sand and paddle in the waves. Just a short drive away, Zoomies Aberdeen offers both a play park and wild park for them to let off steam. After a day of adventure, relax at the stylish Aloft Aberdeen TECA, where rooms come with a dog bed, a bowl and a treat-filled welcome pack. Four-legged friends are welcome to join their owner in the bar for dinner.

- **Rooms cost from £68 per night for two adults. Visit marriott.com. Maximum two dogs per room up to 35kg at no extra charge.**

Fresh air and fun

Golden sand and blue skies

Explore the dunes at Camber Sands

If you prefer the self-catering option, then Seashells at Camber Sands is ideal. This cosy cabin has an enclosed garden and sleeps five people comfortably and welcomes up to three dogs. It's just a stone's throw from the sea, so you can take your pooch to the beach and let them paddle in the shallow waters or scramble across the dunes. Just down the road is the Dungeness National Nature Reserve, and further inland is High Weald National Landscape, for long, nature-filled walks. Close by there are plenty of lovely strolls, dog-friendly cafés, pubs and restaurants.

- **Seashells costs from £130 per night at pawsandstay.co.uk**

By Carly Honeyfield **Pictures** Shutterstock

TV WEEK

Britain's Got Talent Final

Saturday 31 May, ITV1

The 18th series of the variety contest bows out with one final live show featuring the best of the best of the world's most talented performers. This year we've seen some sensational singers like Stacey Leadbeatter and Vinnie McKee as well as a body-popping ping pong dance troupe and Swiss LED wizards The Blackouts, who Amanda is pinning a win on herself. 'I'm so very excited to see what my semi-final Golden Buzzer act The Blackouts have up their sleeve after their standout semi-final light display,' says Amanda, 54. 'I'm also excited for guitarist Olly Pearson (pictured) – that boy has raw talent.'

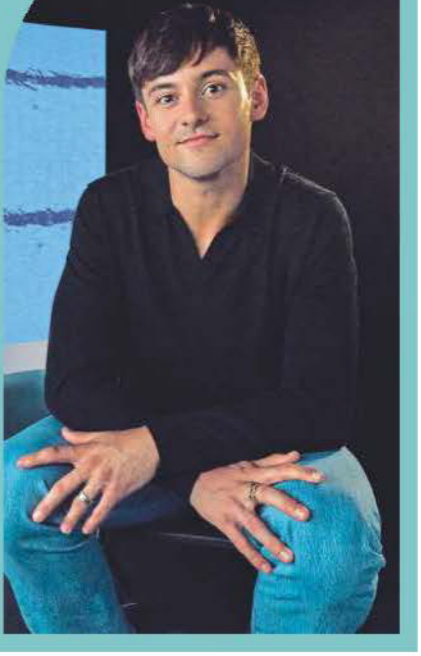
WHAT IT FEELS LIKE FOR A GIRL

Tuesday 3 June, BBC3

This adaptation of author, presenter and transgender trailblazer Paris Lees' memoir is a rare glimpse into the British trans experience told in a completely unflinching way. Growing up in Nottingham as an unhappy boy in the early '00s, Byron (Ellis Howard) will do anything to escape his life being bullied at school while living a dull existence with womanising dad (Michael Socha), absent mum Lisa (Laura Haddock) and Nan Mommar Joe (Hannah Walters). It's not long before Byron discovers a seedy and salacious underworld, where he embarks on a journey of self-discovery through sex, drugs and plenty of Y2K nostalgia on the dance floor.

Tom Daley 1.6 Seconds

Sunday 1 June, Discovery+



The much-loved Olympic diving star plunges into the deep end in this emotional look back at his eventful life that saw him win Olympic gold in 2020 and silver in 2024. But along the way he has had to deal with challenges such as losing his beloved father, being bullied at school and coming out as gay. Having retired from diving last august, Tom, 31, lives with his husband – American screenwriter, director and producer Dustin Lance Black – in LA with their two children Robbie, seven, and Phoenix, two. In the documentary, *Tom Daley 1.6 Seconds*, which refers to the time in 10m diving between platform exit and pool entry, he looks back at some of the hours of video footage that his dad, Rob, captured of him in his youth.

By Cecile Metcalf, Amber Connolly and Amy Rowland

Ginny & Georgia

Thursday 5 June, Netflix

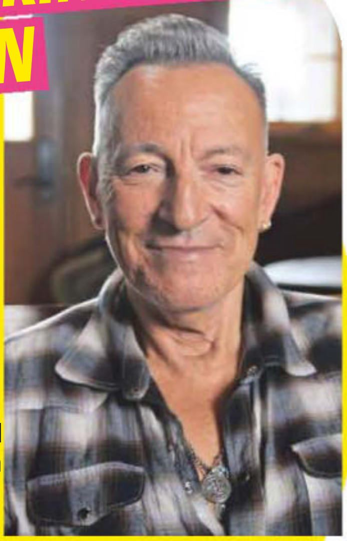
What's next for Georgia (Brianne Howey) after her arrest for murder on her wedding day, and how will daughter Ginny (Antonia Gentry) and son Austin (Diesel La Torraca) react? The popular comedy drama returns for a third season, with new characters, including Wolfe (Ty Doran) as a chilled-out member of Ginny's poetry class. He's alongside familiar faces, such as Marcus (Felix Mallard) and Max (Sara Waisglass). And Brianne is delighted to reprise her role as the fierce matriarch. 'Getting to play Georgia has been an immense privilege,' she says, 'and I feel insanely lucky every season we get to go back.'

MATT BAKER'S BRITISH ISLES

Tuesday 3 June, More 4

Matt Baker meets an eclectic mix of contributors – all with feel-good stories to tell – as he travels around Britain in this four-part series. In the first episode, his destinations include a vineyard in Kent that's producing sparkling wine to rival Champagne, and a place near Balmoral Castle called Crathie Kirk in Scotland where he meets a minister with royal connections. He says the show is about 'people and their passions' and 'it's shining a light on the unsung heroes, the ones who are very much in tune with the foundations that make Britain what it is'.

WHEN BRUCE SPRINGSTEEN CAME TO BRITAIN



Saturday 31 May, BBC2

His raw voice, energy and big sound rock 'n' roll with the E Street band was getting Bruce Springsteen noticed in the early '70s and when promotor Harvey Goldsmith invited him to London, he was excited to make his debut at the Hammersmith Odeon in 1975. The audience loved him but Bruce, as he recalls in this fascinating documentary, thought their performance was so bad that he didn't return to Britain for another six years. 'I thought, "I'm not going back to Britain until I have a war chest of songs and arrangements with me and am fully confident that I am going to blow the roof off wherever I play."'

NEW THIS WEEK

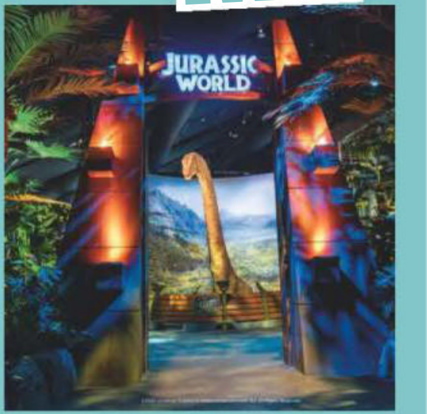
FILM

The Salt Path

Based on a true story and the best-selling book, this film follows Raynor and Moth, who no longer have their house or their livelihood while Moth faces a terminal illness. With nothing left to lose, the couple embark on a 630-mile trek along the UK's South West Coast Path. Carrying a tent and some essentials, the couple discover a new meaning of home as every step of their walk becomes an incredible journey.

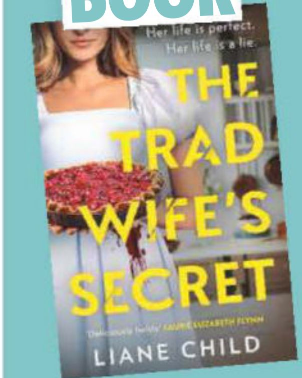
Jurassic World: The Experience

EVENT



London's Battersea Power Station is now home to a host of pre-historic giants! Well, almost. Created by NEON, this family-friendly adventure brings the *Jurassic Park* and *Jurassic World* franchise to life. Immerse yourself in scenes inspired by the films and come face to face with the infamous dinosaurs. Coinciding with the release of the latest film in July, the experience will delight fans and children alike. Book now at jurassicworldexperience.com

BOOK



The Tradwife's Secret

by Liane Child (HQ Digital

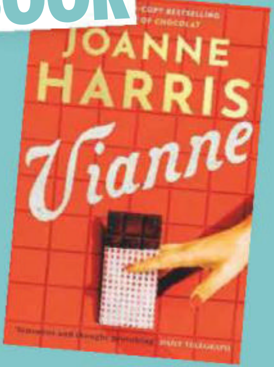
Madison March appears to have it all: a picture-perfect family, a beautiful Montana homestead, and a devoted online following who adore her wholesome tradwife lifestyle. Her life looks like a dream – but it's all a lie. Behind the curated content and vintage filters, something much darker is brewing. As cracks begin to show in Madison's idyllic facade, a sinister truth about her past – and her present – threatens to unravel everything... Gripping and razor-sharp.

BOOK

Vianne

by Joanne Harris (Orion)

In this long-awaited prequel to *Chocolat*, million-copy bestselling author Joanne Harris returns with a spellbinding read. It's 1970s Marseille, and young Vianne Rochet arrives with nothing but her mother's ashes and a future she's determined to shape for herself. Taking a job in a local bistro, she begins to uncover the power of cooking and the magic hidden in chocolate. But Marseille is a city of secrets... Set six years before *Chocolat*, this evocative, sensual novel reveals the roots of the beloved heroine.



'I'm star
so

Emmerdale's The Dingles are Jane's spirit soap family!

The nation's biggest and best-loved soaps will be recognised at *The Soap Awards* after the ceremony took a year off in 2024. Back again hosting the occasion is Jane McDonald – who admits she will be in her element as a big fan of all the soaps.

The ceremony will celebrate a dramatic 12 months of murder, mystery, make-ups, break-ups, trials, tribulations and tears. Gail Platt departed the cobbles after 50 years in *Coronation Street*, *EastEnders* celebrated its 40th anniversary on air, *Hollyoaks* leapt a year into the future and a dramatic limousine crash into a frozen lake left viewers of *Emmerdale* stunned. We caught up with the *Cruising* star, 62, to find out more…

How big a soap fan are you?

I travel a lot, as you know, and I have my sister-in-law, Wendy, ring me, or I ring her, just to see what's happening in the soaps. And that was actually featured in *The Cruise*, if you remember, years ago. I used to ring my mother, and she said, 'Oh, you'll never guess what's happened in *Emmerdale*'. And that's what kept us sort of bonded. Because everybody watches the soaps, they're in our house all the time.

Are you pleased that *The British Soap Awards* are back after a year's break?

I think the people who work in soaps are unsung heroes because they work harder than probably anybody in our industry. They have to work extremely hard and do long hours. This is a celebration of an amazing set of people who keep us entertained every night of the week. Why not celebrate it?

Because you're watching all the most brilliant and emotional moments, do you think there might be some tears on the night?

Without a doubt because they're so invested in what they do and when they see it on the big screen

struck by ap actors!'

The Soap Awards are back and superfan Jane McDonald is on presenting duty

She loved presenting in 2023

and they're being celebrated for that – you're bound to get emotional because you go back to what you were feeling at that time when you were filming. There's bound to be tears and if there isn't we need to have a word!

Do you have anything to help you with your nerves before presenting?
Vodka and tonic, that just works every time for me and it's a tried and tested thing! It's called taking the edge off, and it works marvellously for me. Does that make me a bad person?

Will you be at the after party too?
I don't have to rush off this year like I did last time, so I am going to enjoy myself and mingle a bit more. My shoes might be off, but I'll be there!

Which soap star have you always wanted to meet?
Oh blimey, all of them. I do get very starstruck when I see them because I watch everything. I used to know the late Barbara Windsor, but when I saw her on *EastEnders*, it changed because you see them in a different light, and she was amazing.

What are you like when you're starstruck? We can't imagine you're lost for words!
No, I'm never lost for words! I'm just a bit of a gush. 'Oh, you're marvellous!' I just think it's nice to be told when you're good at something and I love to let them know how much joy they bring to so many people. That should be celebrated – tell people if you think they're brilliant. I tend to do a lot of that and always try and remember the real names. That's the big thing, I don't think they're that bothered really, but it always is nice to know their real names.

If you could be a part of any soap family, which would it be?
The Dingles. Without a doubt, I am a Dingle and I just think they're great. I would like to be a Tate like Claire King and live in a plush big mansion like they do, but no, I'm probably a Dingle!

If the Special Achievement Award was up to you, who you give it to?
Probably Helen Worth (Gail Platt). She's been through it, she's been such a stalwart, a great character and she's brought the Platts up. For goodness sake, she needs an award just for that alone, doesn't she?

There's a category for best young performer. If you could give them a bit of advice about their career and longevity what would it be?
I think enjoy it more. I wish I'd enjoyed it a bit more. I've got to a stage now where I'm loving what I do and that takes a long time to get into that comfortable mode. Remember why we do it – we're blessed when people switch on a remote, it's an honour to be in people's houses, and always remember that.

● *The Soap Awards, Thursday 5 June, ITV1*

HAPPY HALLOW
715 1515

Helen Worth left *Corrie* after 50 years of playing Gail

By Caroline Blight, **Pictures** Shutterstock, Getty, ITV

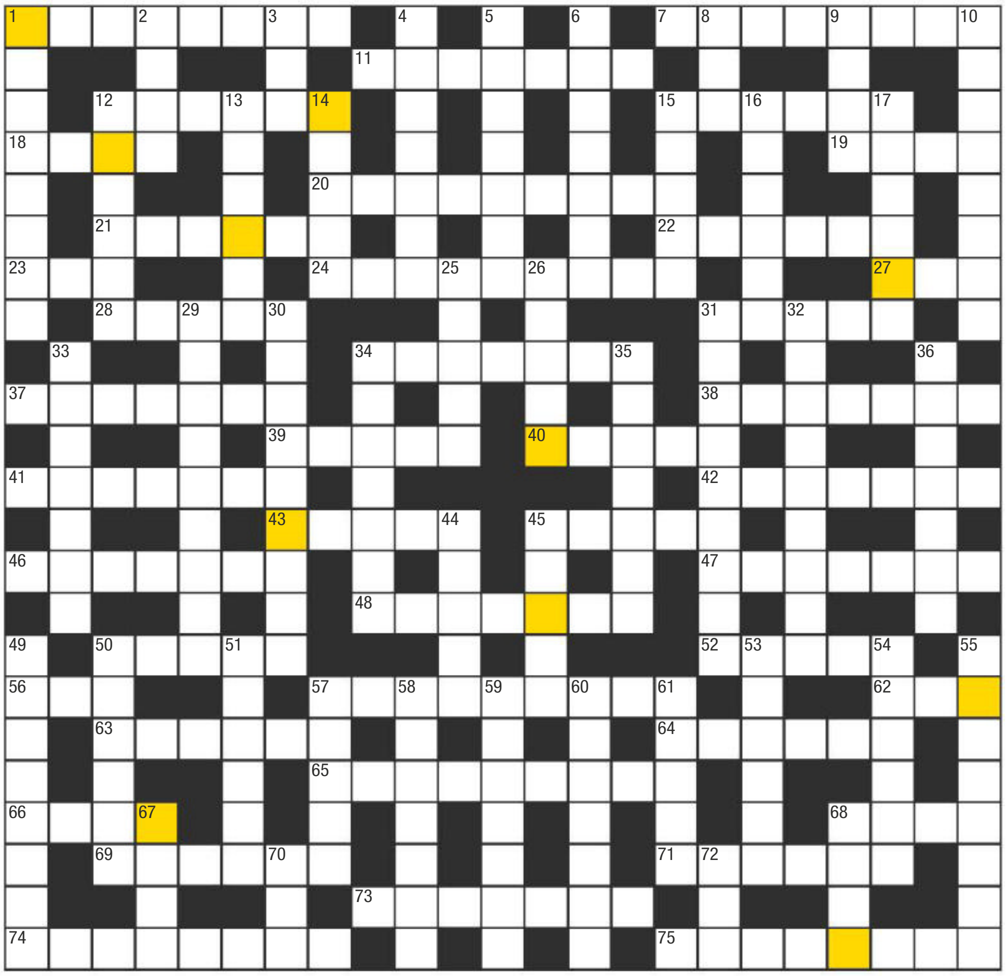
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

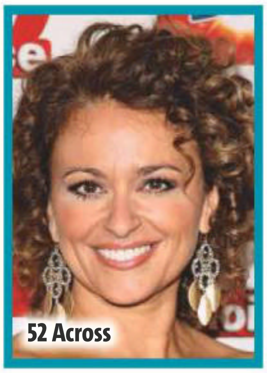
WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a US music star. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Herb used in Béarnaise sauce, anagram of ARROGANT (8)
7 Vehicle's front light (8)
11 Oscar-winning director of *The Piano* and *The Power Of The Dog*, Jane - - - (7)
12 Horse's pace between a trot and a gallop (6)
15 Insurance contract (6)
18 Egg-shaped (4)
19 Curly-leaved green vegetable (4)
20 Estimate of worth (9)

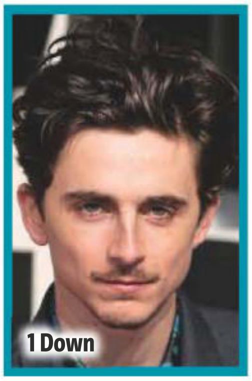


52 Across

21 *The Favourite* actress, - - - Colman (6)
22 Abstract art style pioneered by Picasso (6)
23 Snakelike fish (3)
24 Maze (9)
27 Tavern (3)
28 - - - yourself, make a physical or mental effort (5)
31 Hairdressing studio (5)
34 Extract, snippet (7)
37 Panto character who found a magic lamp (7)
38 Vehicle registration document (7)
39 Disco classic by the Bee Gees, - - - *Fever* (5)
40 Grasslike marshland plant (5)
41 Historical drama series about the Ingalls family, *Little House On The* - - - (7)
42 Buffet serving roast meats and trimmings (7)
43 Rugby huddle? (5)
45 Heavy blow, or great influence (5)
46 Jules Verne novel, *Twenty Thousand - - - Under The Sea* (7)
47 Reykjavik's country (7)
48 Otalgia (7)
50 Lower leg joint (5)
52 - - - Sawalha, *Loose Women* regular, pictured left (5)
56 Curved line (3)
57 Mind-reading, ESP (9)
62 Animated film about a Spix's macaw named Blu (3)
63 More chilly (than) (6)
64 Authority, expert (6)
65 King Arthur's sword (9)
66 Clue (4)
68 Cheeky smile? (4)
69 Castle tower (6)
71 Wage (6)
73 Sense of - - -, feeling that something is important and needs attention (7)
74 Captain Nemo's submarine in **46A** (8)
75 - - - *Forever*, Rick Astley song (8)

Down

1 - - - Chalamet, *Dune* actor, pictured below right (8)
2 Currency unit of Brazil (4)
3 Mineral source (3)
4 Group of devotees who sign up for regular news on their favourite band or actor, eg (3,4)
5 Al fresco, in the - - - (4,3)
6 *The Lord Of The Rings* author, J R R - - - (7)
8 Self-image (3)
9 Fortune (4)
10 Pedestrian's walkway (8)
12 - - - King, *It's Too Late* singer-songwriter (6)
13 - - - Nelson, DJ (6)
14 Opponent (5)
15 Party drink served in a bowl (5)
16 Eleventh Greek letter (6)
17 Supermodel, - - - Le Bon (6)
25 Sailing vessel (5)
26 *Hijack* star, - - - Elba (5)
29 Downy northern seabird (5,4)
30 Nashville's state (9)
31 Variety, assortment (9)
32 Karl - - -, German fashion designer (9)
33 Irish stone said to bestow the gift of the gab when kissed (7)
34 Fencer's warning (2,5)
35 Young frog (7)
36 Highest adult female singing voice (7)
44 Inspector played by John Thaw (5)
45 Hot chocolate (5)
49 Type of tree, anagram of WHAT HORN (8)
50 Pronunciation, brogue (6)
51 *Brokeback Mountain* actor, Heath - - - (6)
53 Yearly (6)
54 Blood vessel (6)
55 Kitchen strainer (8)
57 Nottingham river (5)
58 Speaker's reading stand (7)
59 Postural exercise regime (7)
60 Hot pepper sauce (7)
61 Flanders town, anagram of PREYS (5)
67 Clump of grass (4)
68 *True* - - -, 1969 Western starring John Wayne and Glen Campbell (4)
70 Flightless bird (3)
72 Fuss, bother (3)



1 Down

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Crossword Neil Locker. **Pictures** Shutterstock

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

5				7			8	
					9			6
			8	1	6		9	2
4		2			7	1		
				6				
		5	3			8		9
2	7		6	8	5			
9			2					
	6			9				8

HARD

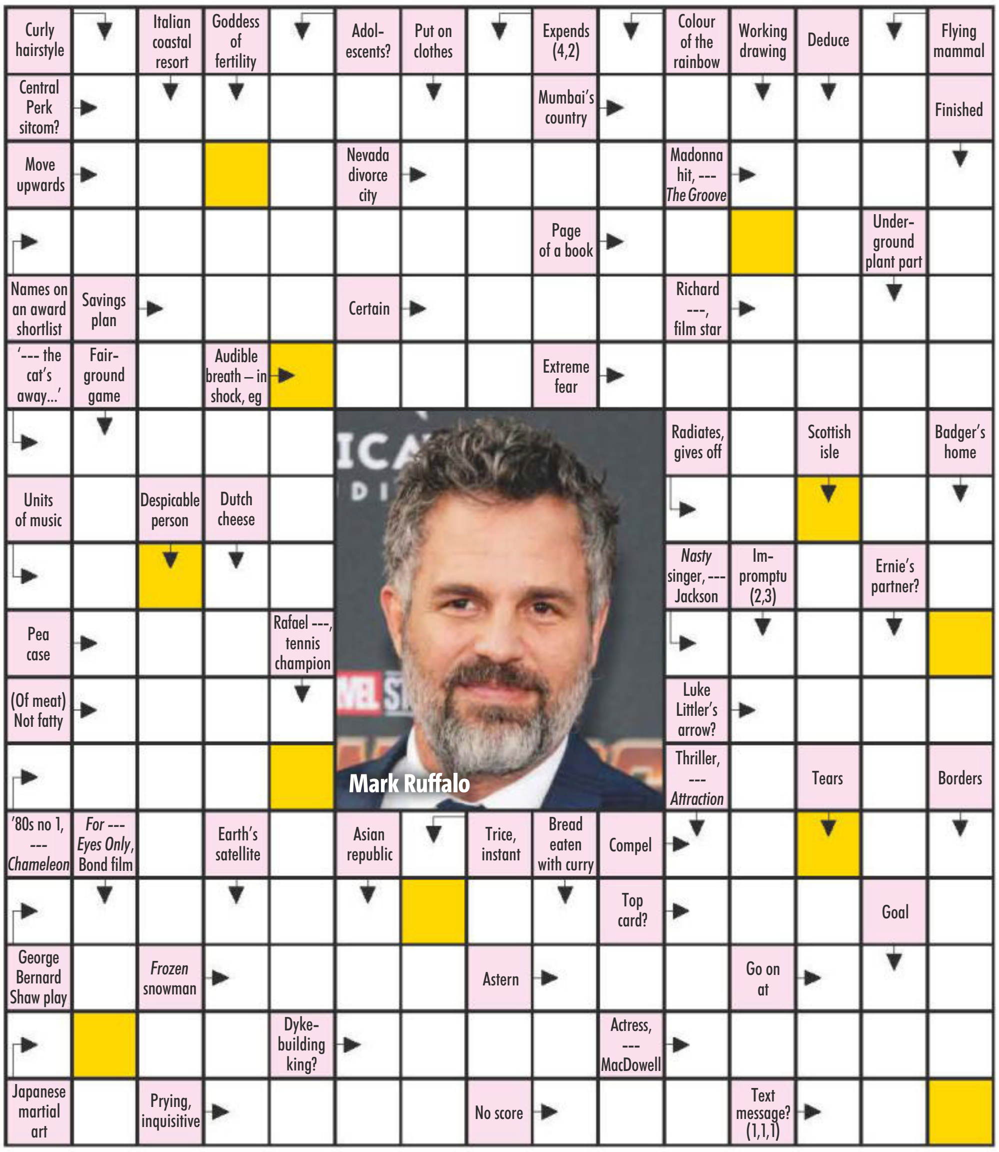
	8	6				9	3	
			8		5			
7								5
2		5	9		1	4		3
4								9
3		1	6		4	5		2
1								4
			7		3			
	5	3				6	2	

Take A Break Sudoku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

PRIZE Arrowword

WIN £200

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the zodiac sign Mark Ruffalo shares with his Avengers alter ego, the Hulk. This is your competition entry answer. See the 'How to enter' panel below.



Curly hairstyle
Italian coastal resort
Goddess of fertility
Adol-escents?
Put on clothes
Expends (4,2)
Colour of the rainbow
Working drawing
Deduce
Flying mammal
Central Perk sitcom?
Mumbai's country
Finished
Move upwards
Nevada divorce city
Madonna hit, --- *The Groove*
Page of a book
Under-ground plant part
Names on an award shortlist
Savings plan
Certain
Richard ---, film star
'--- the cat's away...'
Fair-ground game
Audible breath – in shock, eg
Extreme fear
Radiates, gives off
Scottish isle
Badger's home
Units of music
Despicable person
Dutch cheese
Nasty singer, --- Jackson
Im-promptu (2,3)
Ernie's partner?
Pea case
Rafael ---, tennis champion
(Of meat) Not fatty
Luke Littler's arrow?
Thriller, --- *Attraction*
Tears
Borders
Mark Ruffalo
'80s no 1, --- *Chameleon*
For --- Eyes Only, Bond film
Earth's satellite
Asian republic
Trice, instant
Bread eaten with curry
Compel
Top card?
Goal
George Bernard Shaw play
Frozen snowman
Astern
Go on at
Dyke-building king?
Actress, --- MacDowell
Japanese martial art
Prying, inquisitive
No score
Text message? (1,1,1)

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 19
PRIZE ANSWERS
Crossword
Alan Shearer
Arrowword
Knitting

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 9 June 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 21. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL21 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 9 June 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:

Bellamagazine.co.uk

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

L	A	W									
I	■	A									
M	I	S									

E	N	I
E	■	■
P	A	S

L	■	A
E	E	L
T	■	T

P	S	E
■	■	S
O	U	S

■	■	E
A	K	■
S	■	D

Y	E	R
■	■	I
I	N	T

E	■	A
P	■	N
E	N	D

L	■	I
■	S	T
K	■	■

I	N	C
L	■	I
L	I	T

■	S	■
E	E	P
V	■	U

O	N	V
■	C	■
H	E	■

~~L~~	~~A~~	~~W~~
~~I~~	■	~~A~~
~~M~~	~~I~~	~~S~~

B	O	I
U	■	■
L	O	S

S	■	H
O	R	E
■	■	■

S	T	E
I	■	I
S	■	G

T	E	L
O	■	A
R	E	T

■	D	■
L	I	E
■	E	■

■	■	■
C	O	L
H	■	I

T	O	N
■	B	■
R	E	M

■	O	■
A	S	H
■	C	■

■	H	O
■	O	■
E	R	P

E	N	T
N	■	T
T	R	Y

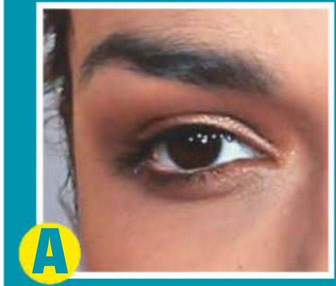
I	■	T
T	W	E
■	H	■

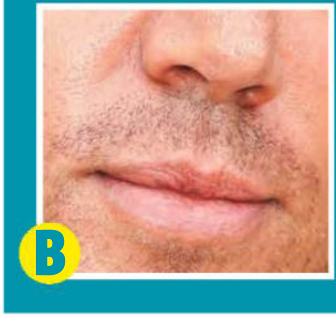
S	■	E
T	A	X
E	■	C

R	O	U
■	P	■
R	E	B

GUESS THE CELEB

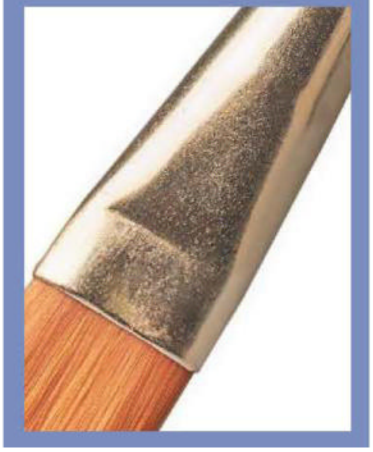
Can you name these stars by seeing close ups of their famous faces?





WHAT ON EARTH?

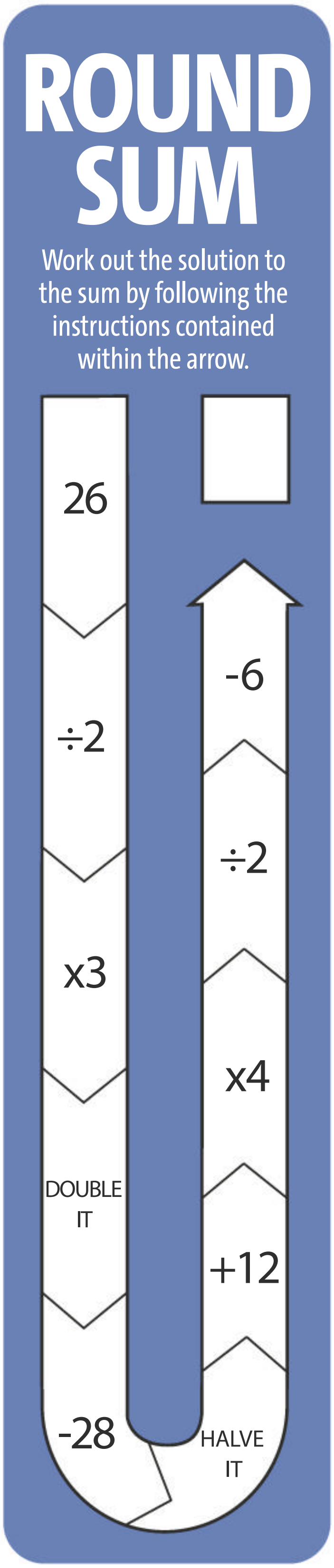
Can you guess what everyday object this super zoomed in photo shows?



ued...

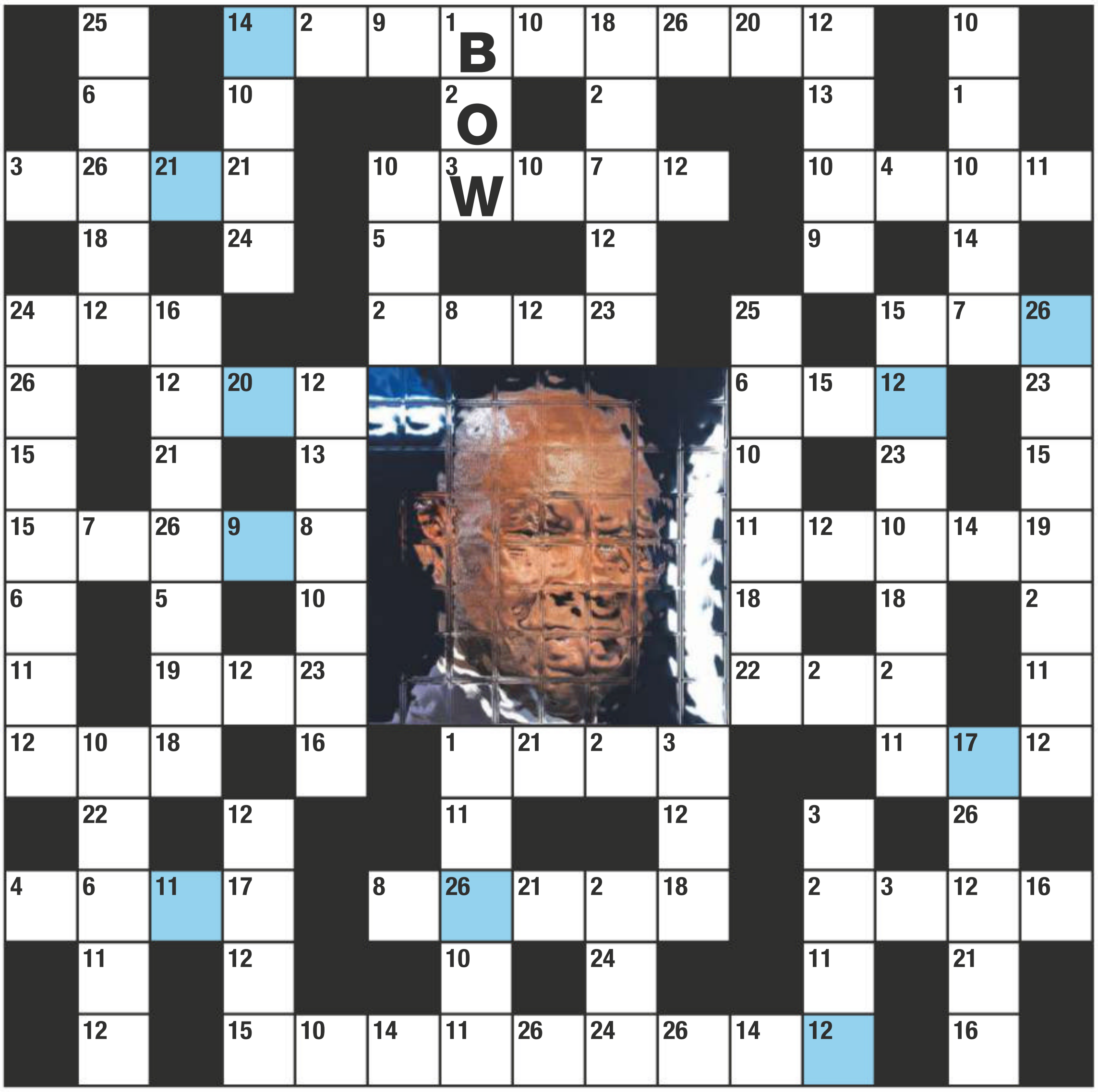
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.



■	25	■	14 ▨	2	9	1 B	10	18	26	20	12	■	10	■
■	6	■	10	■	■	2 O	■	2	■	■	13	■	1	■
3	26	21 ▨	21	■	10	3 W	10	7	12	■	10	4	10	11
■	18	■	24	■	5	■	■	12	■	■	9	■	14	■
24	12	16	■	■	2	8	12	23	■	25	■	15	7	26 ▨
26	■	12	20 ▨	12						6	15	12 ▨	■	23
15	■	21	■	13						10	■	23	■	15
15	7	26	9 ▨	8						11	12	10	14	19
6	■	5	■	10						18	■	18	■	2
11	■	19	12	23						22	2	2	■	11
12	10	18	■	16	■	1	21	2	3	■	■	11	17 ▨	12
■	22	■	12	■	■	11	■	■	12	■	3	■	26	■
4	6	11 ▨	17	■	8	26 ▨	21	2	18	■	2	3	12	16
■	11	■	12	■	■	10	■	24	■	■	11	■	21	■
■	12	■	15	10	14	11	26	24	26	14	12 ▨	■	16	■

A ~~B~~ C D E F G H I J
K L M N ~~O~~ P Q R S
T U V ~~W~~ X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
B	O	W										
14	15	16	17	18	19	20	21	22	23	24	25	26

8	21	10	17	12	16	■	20	26	2	21	26	23	■	10	23	16
						■							■			

18	11	6	9	8	12	18	■	26	23	■	10	23	■	2	11	14	19	12	15	18	11	10
							■			■			■									

Picture BBC

Continued over the page...

Puzzles contin

SEEING RED

Hue should enjoy this search filled with words all ending in the same colour.

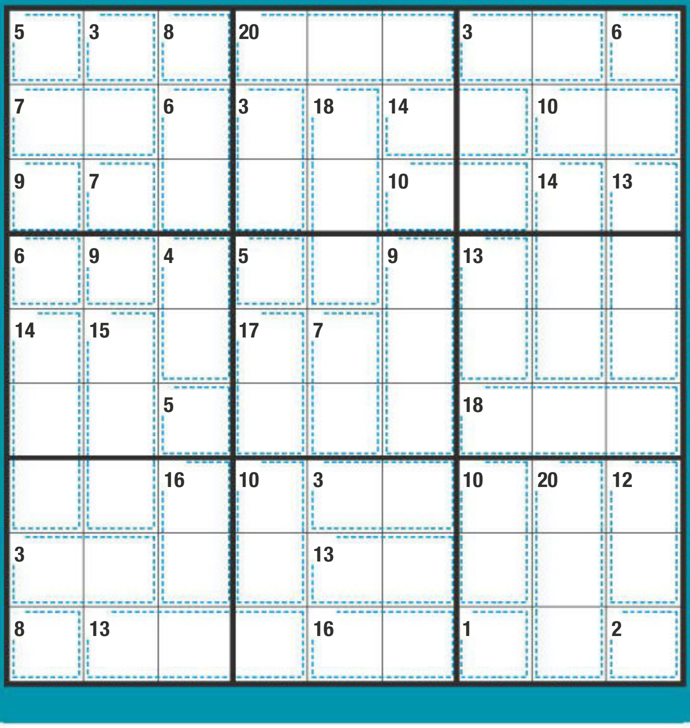
B	E	W	I	L	D	E	R	E	D	Y	D	T	D	F	E	Q	V	C
B	I	D	U	E	L	G	U	W	H	E	E	E	K	S	Z	L	I	T
L	E	R	E	A	S	S	A	T	D	E	R	A	Q	E	R	P	N	U
N	E	X	P	E	D	R	C	M	T	E	E	R	N	T	D	C	E	A
D	N	R	E	I	J	E	O	E	E	A	D	O	E	A	E	N	N	D
A	A	D	E	M	P	A	R	T	S	A	I	L	S	T	R	U	C	V
E	M	H	S	R	D	E	N	O	P	A	O	L	M	T	E	O	O	E
I	O	D	C	H	D	U	E	B	L	G	R	I	O	E	F	D	U	N
S	U	E	E	T	L	A	R	T	U	P	B	D	U	R	R	R	N	T
L	R	R	S	O	U	N	E	S	T	E	M	D	L	E	E	Y	T	U
N	E	E	V	K	S	R	D	A	T	F	E	I	D	D	T	D	E	R
D	D	T	I	D	E	R	I	T	E	R	T	E	E	P	N	O	R	E
B	C	H	I	D	L	W	S	R	R	E	M	G	R	O	I	R	E	D
C	L	G	D	N	E	S	E	O	E	T	R	E	E	U	I	N	D	D
O	H	U	A	E	V	T	H	R	D	S	R	A	D	M	I	R	E	D
C	D	A	R	B	T	B	S	H	E	A	R	E	D	P	O	R	N	I
T	E	L	R	R	A	W	O	S	H	D	C	E	N	S	U	R	E	D
Y	L	S	U	R	E	G	I	S	T	E	R	E	D	J	C	K	R	M
A	N	G	E	R	E	D	D	L	D	O	M	I	N	E	E	R	E	D
T	C	O	N	S	I	D	E	R	E	D	B	I	C	K	E	R	E	D

ABHORRED
ADHERED
ADMIRED
ADVENTURED
ALTERED
ANGERED
BEWILDERED
BICKERED
BLURRED
CENSURED
CHARRED
CONSIDERED
CORNERED
DOMINEERED
EMBROIDERED
ENAMOURED
ENCOUNTERED
IMPLORED
INJURED
INTERFERED
LURED
REGISTERED
RETIRED
SHEARED
SKEWERED
SLAUGHTERED
SMOULDERED
SPLUTTERED
TAILORED
TATTERED
TEETERED
UNDETERRED
VOLUNTEERED

ued...

KILLER SUDOKU

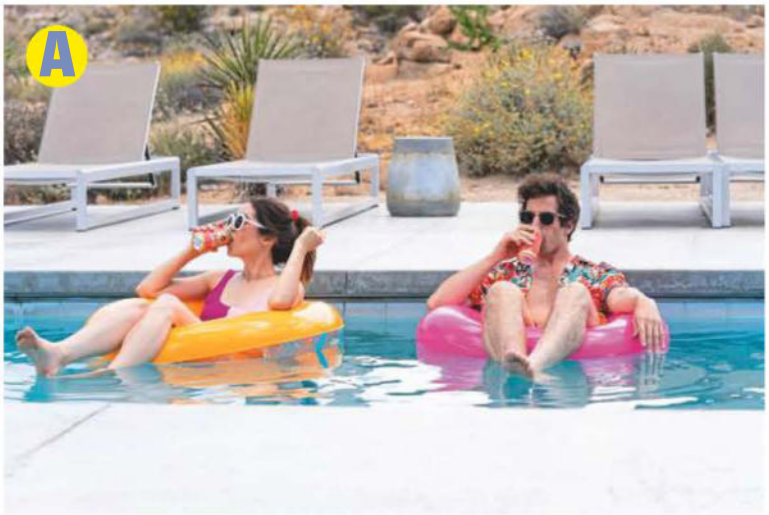
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

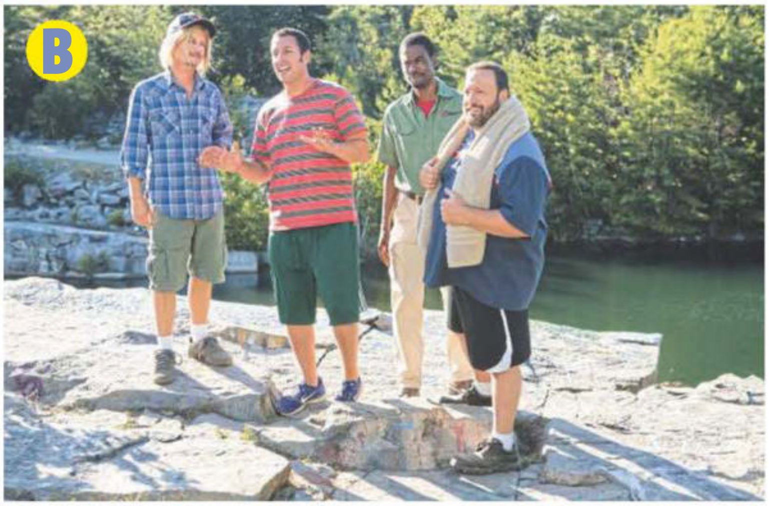


5	3	8	20			3		6
7		6	3	18	14		10	
9	7				10		14	13
6	9	4	5		9	13		
14	15		17	7				
		5				18		
		16	10	3		10	20	12
3				13				
8	13			16		1		2

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES

L	A	W	Y	E	R		H	O	T	E	L
I		A			I		O		O		A
M	I	S	I	N	T	E	R	P	R	E	T
I		T			E		O		S		H
T	W	E	A	K		A	S	H	O	R	E
	H		S		D		C				
B	O	I	S	T	E	R	O	U	S		E
U			I		I		P		T	A	X
L	O	S	S		G	R	E	B	E		C
L		A	T	O	N	E		A	P	S	E
E	E	L		B		P		N			S
T		T	R	E	M	E	N	D	O	U	S
				D		L		I		S	
C	O	L	L	I	E		S	T	E	E	P
H		I		E		K			V		U
I	N	C	O	N	V	E	N	I	E	N	T
L		I		C		E			N		T
L	I	T	H	E		P	A	S	T	R	Y

GUESS THE CELEB

A Rachel Zegler

B Channing Tatum

WHAT ON EARTH?

Paint brush

ROUND SUM

68

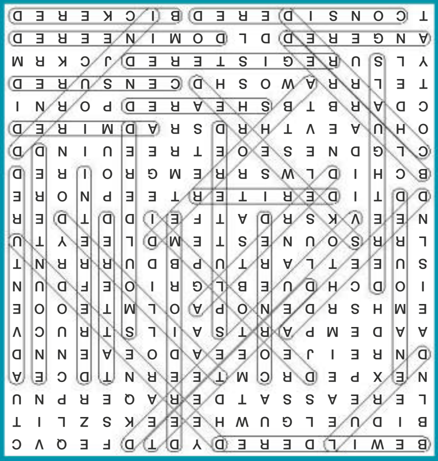
CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
B	O	W	J	G	U	K	P	M	A	R	E	X
14	15	16	17	18	19	20	21	22	23	24	25	26
C	S	D	Y	T	H	V	L	Z	N	F	Q	I

	Q		C	O	M	B	A	T	I	V	E		A	
	U		A			O		O			X		B	
W	I	L	L		A	W	A	K	E		A	J	A	R
	T		F		G			E			M		C	
F	E	D			O	P	E	N		Q		S	K	I
I		E	V	E						U	S	E		N
S		L		X						A		N		S
S	K	I	M	P						R	E	A	C	H
U		G		A						T		T		O
R		H	E	N						Z	O	O		R
E	A	T		D		B	L	O	W			R	Y	E
	Z		E			R			E		W		I	
J	U	R	Y		P	I	L	O	T		O	W	E	D
	R		E			A		F			R		L	
	E		S	A	C	R	I	F	I	C	E		D	

Celebrity Clive Myrie **Fact** Played violin and trumpet in an orchestra.

WORDSEARCH



B	E	W	I	L	D	E	R	E	D	Y	D	T	D	F	E	Q	V	C
B	I	D	U	E	L	G	U	W	H	E	E	E	K	S	Z	L	I	T
L	E	R	E	A	S	S	A	T	D	E	R	A	Q	E	R	P	N	U
N	E	X	P	E	D	R	C	M	T	E	E	R	N	T	D	C	E	A
D	N	R	E	I	J	E	O	E	E	A	D	O	E	A	E	N	N	D
A	A	D	E	M	P	A	R	T	S	A	I	L	S	T	R	U	C	V
E	M	H	S	R	D	E	N	O	P	A	O	L	M	T	E	O	O	E
I	O	D	C	H	D	U	E	B	L	G	R	I	O	E	F	D	U	N
S	U	E	E	T	L	A	R	T	U	P	B	D	U	R	R	R	N	T
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N	E	E	V	K	S	R	D	A	T	F	E	I	D	D	T	D	E	R
D	D	T	I	D	E	R	I	T	E	R	T	E	E	P	N	O	R	E
B	C	H	I	D	L	W	S	R	R	E	M	G	R	O	I	R	E	D
C	L	G	D	N	E	S	E	O	E	T	R	E	E	U	I	N	D	D
O	H	U	A	E	V	T	H	R	D	S	R	A	D	M	I	R	E	D
C	D	A	R	B	T	B	S	H	E	A	R	E	D	P	O	R	N	I
T	E	L	R	R	A	W	O	S	H	D	C	E	N	S	U	R	E	D
Y	L	S	U	R	E	G	I	S	T	E	R	E	D	J	C	K	R	M
A	N	G	E	R	E	D	D	L	D	O	M	I	N	E	E	R	E	D
T	C	O	N	S	I	D	E	R	E	D	B	I	C	K	E	R	E	D

KILLER SUDOKU

5	3	8	7	4	9	2	1	6
1	6	4	2	8	5	9	7	3
9	7	2	1	3	6	4	8	5
6	9	3	5	7	2	8	4	1
4	8	1	9	6	3	5	2	7
7	2	5	8	1	4	6	3	9
3	5	9	4	2	1	7	6	8
2	1	7	6	5	8	3	9	4
8	4	6	3	9	7	1	5	2

GUESS THE MOVIE

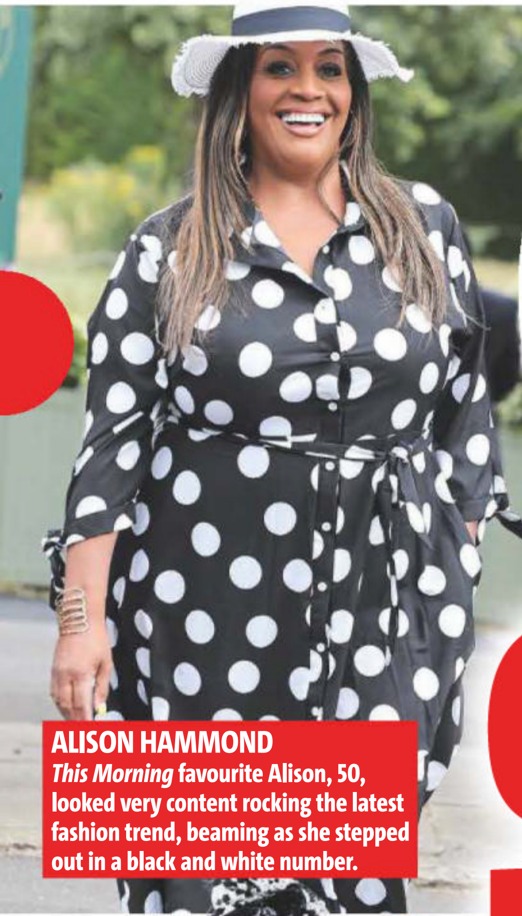
A Palm Springs

B Grown Ups 2

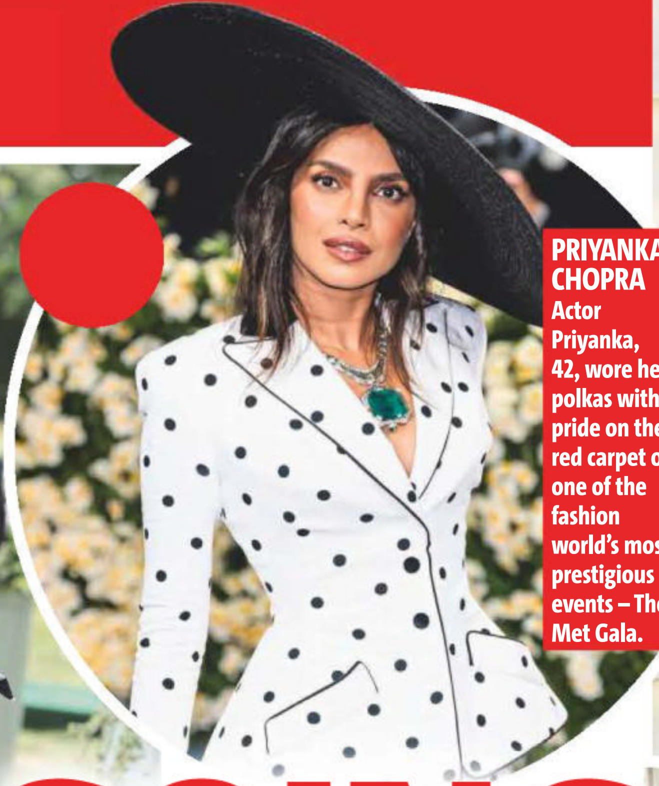
*NB for Prize Puzzles information, see page 53

GOING DOTTY

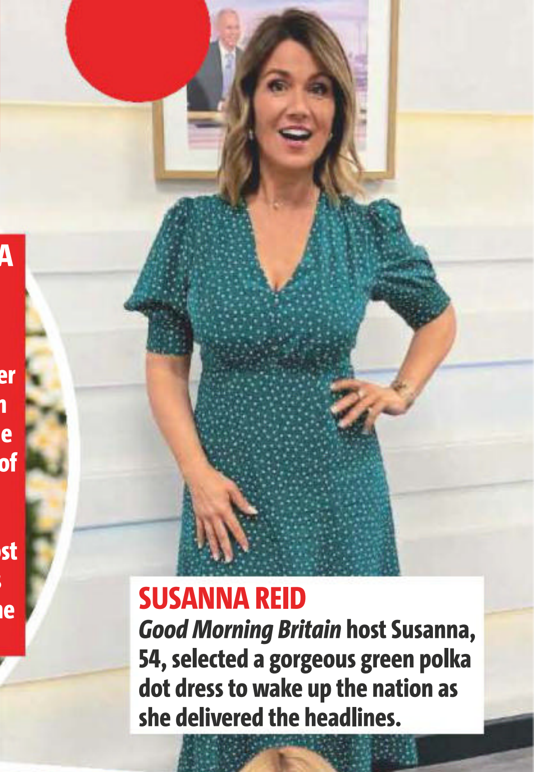
The stars who have been going nuts for spots



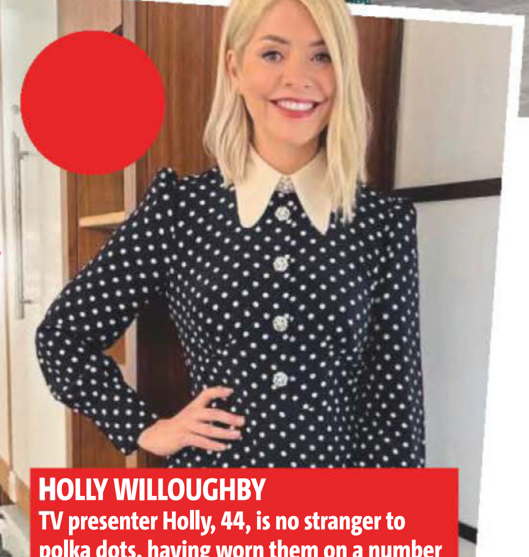
ALISON HAMMOND
This Morning favourite Alison, 50, looked very content rocking the latest fashion trend, beaming as she stepped out in a black and white number.



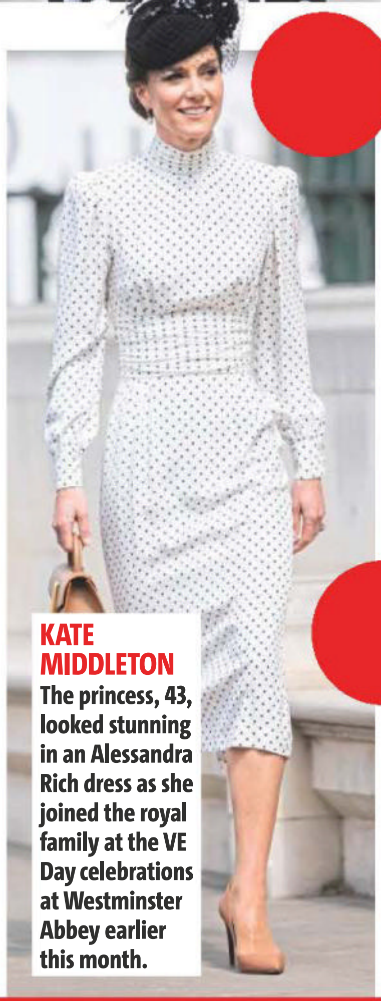
PRIYANKA CHOPRA
Actor Priyanka, 42, wore her polkas with pride on the red carpet of one of the fashion world's most prestigious events – The Met Gala.



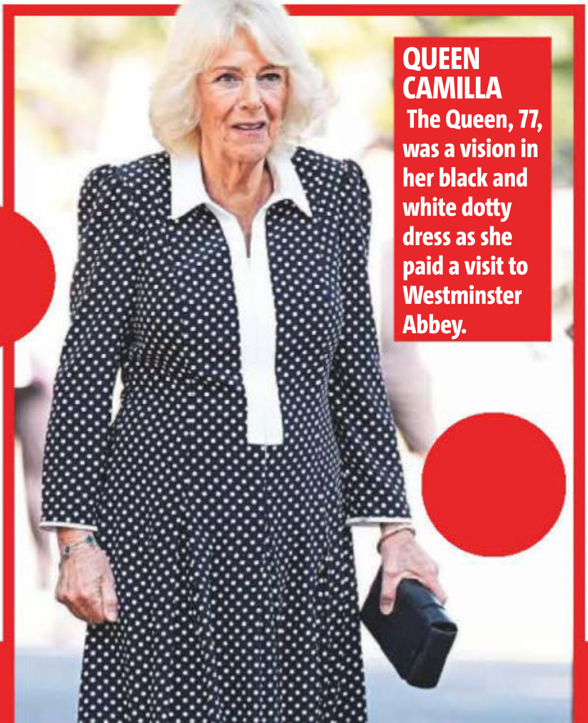
SUSANNA REID
Good Morning Britain host Susanna, 54, selected a gorgeous green polka dot dress to wake up the nation as she delivered the headlines.



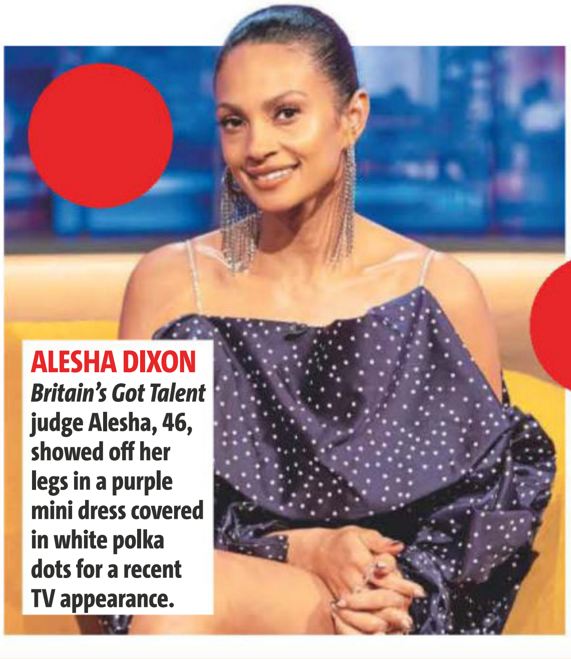
HOLLY WILLOUGHBY
TV presenter Holly, 44, is no stranger to polka dots, having worn them on a number of occasions when she hosted *This Morning* – as seen here in a smart collared dress.



KATE MIDDLETON
The princess, 43, looked stunning in an Alessandra Rich dress as she joined the royal family at the VE Day celebrations at Westminster Abbey earlier this month.



QUEEN CAMILLA
The Queen, 77, was a vision in her black and white dotty dress as she paid a visit to Westminster Abbey.



ALESHA DIXON
Britain's Got Talent judge Alesha, 46, showed off her legs in a purple mini dress covered in white polka dots for a recent TV appearance.

By Samuel McManus, **Pictures** Samir Hussein/WireImage, Brian J Ritchie/Hotsauce/Shutterstock, Neil Mockford/GC Images, Instagram/Holly Willoughby, TheStewartofNY/GC Images, POOL/AFP via Getty Images, Instagram/Susanna Reid

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Irish Blessings

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18-carat gold
accents

Over 30
SVENKA™
Crystals

May the road
Rise to meet you

Claddagh &
Celtic knot
designs

May the road rise to meet you,
May the wind be at your back...

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Irish symbols, 18-carat gold-plating & over 30 Svenka™ crystals

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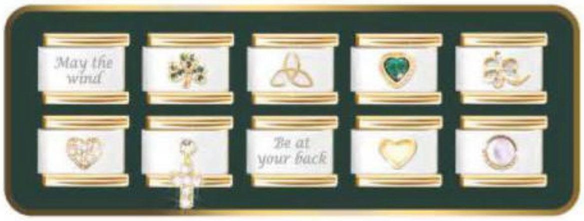

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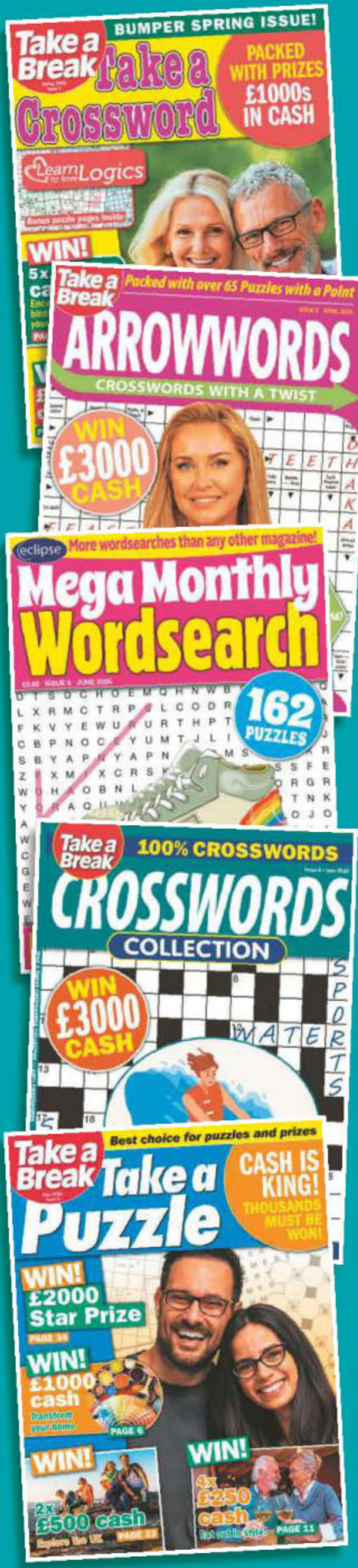

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